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Quick and Easy Holiday Treats with Style

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Diabetic
Food
Exchanges

Food
& Family
& Friends



Edie Hand • Darlene Real • Debra J. Lustrea

QUICK & EASY

Holiday Treats with Style



Eddie Hand • Darlene Real

Nomad Press
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Dedications

Food, Family & Friends is dedicated to our supportive families, our faithful friends, and those who have served us delicious food on special occasions.

To my son, Linc Hand, and his grandparents, Margie and A.E. Hand; my husband, Mark Aldridge; his children, Katye and J.E.D.; his sisters, Connie McKinney, Brenda Deaton, Linda Self, and Malia Szymanski; his brother, Joel Aldridge, and their mother, Marie Aldridge Holland. To my dad, Guy Blackburn; my mother and her husband, Sue Blackburn-Hardesty and Tom Hardesty. To my sister and her family, Kim, Andy, Kristi and Kayla Poss.

In memory of my brothers, David, Terry, and Phillip Blackburn; and a salute to their children, David Guy, Terry Dewayne, Tyann Blackburn-Carter, and Chasity Carter.

In honor of the BEST COOKS in my life, my grandmothers, Alice Hood-Hacker and Floy Blackburn, and to the women in the community of Burnout, Alabama; and to Mary Jenkins, “Elvis Presley’s cook” at Graceland.

These family and friends of my family have served me well in preparing me to become a celebrity cook with a down-home style that allows me to embrace my passions in life, as I travel the country sharing stories of my famous and soon to be famous friends.

— *Edie Hand*

I would like to express my gratitude to my family for all their support and encouragement during this project, Tracy and Brit Vebber; Rachel, Michael, and Jane Hollis Poovey; and Richard and Kelli Real. To my precious sister, Debby Reisner-Rose, and her six children: Tonya, Niki, T.J., Drew, Dana, and Debby. Worlds of thanks to my brothers and their families: Teddy and Cheri Reisner; and Rod, Michele and Cecilia Reisner; and Kathleen Reisner. To my mother, LaVerta Firestone-Hartley, and, in loving memory of my dad, Mr. Ted Reisner, and Mr. and Mrs. Richard Real Sr.

— *Darlene Real*

A salute to our valued friends who are always in style:

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— *Edie Hand and Darlene Real*

A portion of the proceeds from *Food, Family & Friends* will go to the Edie Hand Foundation, which will benefit the American Diabetes Association and juvenile diabetic camps across the region.

Edie uses **Jenn-Air/Maytag** products and **Demarle at Home** gourmet tools in her home and on tour.

A special thanks to Wyndham Hotels and American Airlines for making the *Food, Family & Friends* tour with the Southern Women's Shows and Cox Radio's special events even more a reality.

Visit www.ediehandfoundation.org and click on Books for more information about the *Food, Family & Friends* tours or visit www.southernshows.com. Also, please see www.jennair.com, www.maytag.com, www.demarleathome.com, www.gourmettools.com, www.whistlestopcafe.com, www.bottomlinepersonal.com, www.mrcoffeecoffee.com, www.msmcoffee.com, www.mooresmarinade.com, and www.culinary.com.

Table of Contents

Cakes	2
Cookies/Squares	20
Pies	44
Other Desserts.....	62
Miscellaneous Treats and Holiday Drinks	84
 Holiday Do's & Don'ts	 112
 Conversion Tables	 114
 Cooking Tips	 116

Dear Friends,

More than 15 million Americans are affected by Type 2 diabetes. This number will increase dramatically in the future unless Americans change their eating habits and increase their regular physical activity. Reports released by the Centers for Disease Control in June 2003 predict that one in three children born on or after 2000 will develop diabetes because of their diet and lack of regular exercise. Today, Type 2 diabetes, which is also called “adult onset diabetes,” is being diagnosed in young people.

So many of us live with diabetes, or know someone – friend, family member, or colleague – who has the disease. Our families have lived with the complications of some form of diabetes for many years. We are pleased to help raise awareness of the importance of eating healthier through the Food, Family & Friends cookbook series.

You'll find some of Darlene's and my favorite Holiday Treats with styling tips and RealHand Etiquette suggestions. The healthy hints with each recipe are sure to be a hit for the healthier side of you.

Here's to good eating!

- Edie Hand and Darlene Real

Note: Consult with your physician or your local Diabetes Association Chapter for a healthy lifestyle plan.

Diabetes contact information:

American Diabetes Association: www.diabetes.org or 800-DIABETES

American Dietetic Association: Nutritional information hotline at 800-366-1655

Diabetes Trust Fund: Research information at www.diabetestrustfund.org or 800-577-1383

Juvenile Diabetes: www.childrenwithdiabetes.com , www.drf.org, or 888-533-WALK

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Chocolate Cake	4
Coconut Cake	6
Easy Red Velvet Cake	8
Harvest Carrot Cake	10
Jody's Boston Cream Pie	12
No-Bake Cherry Cheesecake (Low Sugar)	14
Quick and Easy Rum Fruit Cake	16
The Luck of the Irish Pistachio Cake	18

Cakes



Chocolate Cake

- 1 (18¼-ounce) box Swiss chocolate or German chocolate cake mix**
- 1 can sweetened condensed milk**
- 1 jar caramel sauce**
- 8 ounces whipped topping**
chopped pecans or 1 grated chocolate bar



Bake a Swiss or German chocolate cake mix according to directions and leave in pan. While the cake is still warm, punch holes in top of cake and pour condensed milk and caramel sauce over it. Let cool completely. Top with whipped topping and sprinkle with chopped pecans or candy bar. Serves 16.



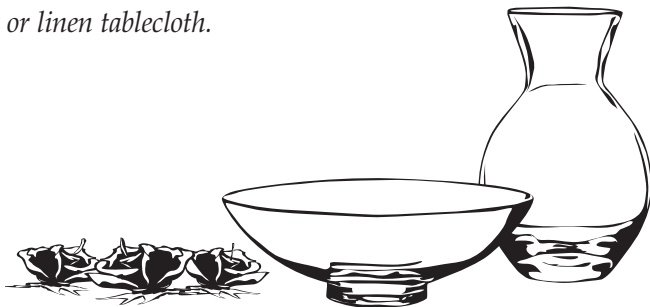
HEALTHY HINT

Take out the bad fats by using fat-free condensed milk and fat-free whipped topping. Also, use pecans instead of the candy bar to add some good fat to this dessert.

REAL STYLE

Wise women know a good attitude is all about chocolate! Invite all your friends for this holiday treat.

- *Use a tall, clear vase filled with gladiolas, forsythia (yellow bells), or other tall flowers in season as a centerpiece.*
- *Float scented candles in a clear bowl for a soothing fragrance.*
- *Use a white paper or linen tablecloth.*



Nutritional Information

Information per serving (16 servings)

Calories	319	Cholesterol	19 gm
Carbohydrates	58 gm	Sodium	345 mg
Protein	4 gm	Fiber	1 gm
Fat	9 gm		

Diabetic Food Exchange

Carbohydrate: 3.5
Fat: 2

Coconut Cake

- 1 (18¼-ounce) box yellow cake mix
- 4 egg yolks
- 1¼ cups water
- ⅓ cup oil



Icing

- 4 egg whites
- 2 cups sugar
- ½ cup water
- ½ teaspoon vanilla extract
- 4 cups coconut

Bake cake in 3 8-inch cake pans according to package directions.

Icing: Place egg whites in electric mixer. In a medium saucepan, bring sugar and water to a rapid boil and cook until it spins a thread. Two or three minutes before the sugar and water reach candy stage, turn on mixer to beat egg whites until they are stiff. Gradually add water and sugar mixture to beaten egg whites and beat until fluffy. Add vanilla. Frost with icing and sprinkle coconut between each layer and generously on top and sides.

Serves 18.



HEALTHY HINT

Even a thin slice is a healthy dose of carbohydrate. Halve the icing recipe and frost in between the layers and the top only.

REAL STYLE

The winter season brings snowy trees, so we can take them right to the center of the table with these quick and easy cookie trees. Create frosting with eggs whites and powdered sugar, or use hot glue to stick cookies to cones. Begin by spreading frosting on Styrofoam cones; then place cookies around the bottom of the cone for the first layer. Overlap each layer of cookies over the previous one. Dust trees with powdered sugar.

- Use three Styrofoam cones (in 6-, 8-, and 10-inch diameters) easily found at craft stores.*
- Use six egg whites and one 1 box powdered sugar to make frosting, or one stick of hot glue and hot glue gun to hold cookies in place.*
- Use flat, round cookies or vanilla wafers for covering cones.*
- Use a white table runner and set trees in the middle of runner.*
- Use white dishes, napkins, and place cards with your guests' names on them.*

Nutritional Information

Information per serving (18 servings)

Calories	342
Carbohydrates	52 gm
Protein	3 gm
Fat	13 gm

Cholesterol	47 gm
Sodium	247 mg
Fiber	1 gm

Diabetic Food Exchange

Carbohydrate: 3.5
Fat: 2

Easy Red Velvet Cake

- 1 (18¼-ounce) box yellow cake mix
- 1 teaspoon cocoa
- 1 teaspoon vanilla extract
- 1 cup buttermilk
- 1 ounce red food coloring
- ½ cup (1 stick) margarine, softened
- 3 eggs
- 1 teaspoon baking soda
- 1 teaspoon vinegar

Preheat oven to 375°F.

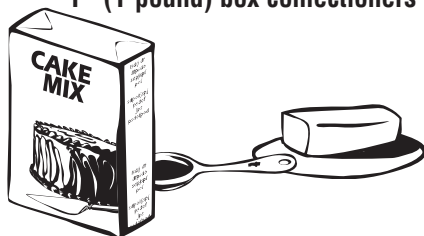
Grease and flour two 9-inch cake pans. Combine cake mix and cocoa; mix well. Add vanilla, buttermilk, food coloring, margarine, and eggs, beating until well moistened. Add soda and vinegar; beat at medium speed for 5 minutes.

Bake for 25–30 minutes or until done. When layers are cool, frost with cream cheese frosting.

Frosting: Cream together butter and cream cheese; add vanilla and confectioners' sugar, mixing well. Frost cool cake layers.

Cream Cheese Frosting

- ½ cup (1 stick) butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 1 (1-pound) box confectioners' sugar



Serves 16.

REAL STYLE

A dozen roses or carnations, paired with baby's breath, in a crystal vase is a complement to this table. If you haven't given yourself flowers lately, most supermarkets have excellent prices on beautiful, fresh flowers, so treat yourself.

- Decorate cake with rose petals around the bottom of the cake plate and place one small rose in the center of the cake.*
- Use crimson or white napkins tied with white or red ribbon.*
- Place dessert utensils directly above the dinner plate.*



Nutritional Information

Information per serving (16 servings)

Calories	425	Cholesterol	72 gm
Carbohydrates	55 gm	Sodium	489 mg
Protein	4 gm	Fiber	0 gm
Fat	21 gm		

Diabetic Food Exchange

Carbohydrate: 3.5
Fat: 4



HEALTHY HINT

You can use oil instead of solid fats in most cakes and cookies. In this recipe, use $\frac{1}{3}$ cup oil instead of $\frac{1}{2}$ cup (1 stick) butter.

Harvest Carrot Cake

- | | |
|---------------------------------------|--|
| 3 cups all-purpose flour | 3 cups grated carrots, about 1 pound |
| 1 cup sugar | 1 cup golden raisins |
| 1 cup packed light-brown sugar | 16 thin slices of orange or canned mandarin |
| 2 teaspoons cinnamon | orange slices for garnish, optional |
| 1 teaspoon baking soda | |
| ½ teaspoon salt | |
| ¼ teaspoon nutmeg | |
| 3 eggs | |
| ½ cup 1% or skim milk | |
| 1 cup canola oil | |
| 1 teaspoon vanilla extract | |
| | Orange Cream Cheese Icing |
| | 4 ounces cream cheese, softened |
| | ¾ cup confectioners' sugar |
| | 1 tablespoon orange juice |
| | 1 teaspoon orange zest, grated |
| | 1–2 tablespoons milk as needed |

Preheat oven to 350°F.

Spray a 10-inch tube pan with cooking spray and dust with flour; set aside. In mixing bowl combine flour, sugar, brown sugar, cinnamon, baking soda, salt, and nutmeg. Add eggs, oil, milk, and vanilla. Using a mixer, beat 3 minutes on low speed until combined. Stir in carrots and raisins. Pour into prepared pan. Bake for 1 hour and 10 minutes or until toothpick inserted in center comes out clean. Cool in pan on rack 15 minutes; remove from pan. Cool on wire rack 30 minutes. Drizzle with Orange Cream Cheese Icing before serving. Serves 16.

Icing: Combine all ingredients in bowl; mix well until smooth. Stir in 1–2 tablespoons milk until icing is smooth and spreadable.

REAL STYLE

- *Choose a tall, clear hurricane globe or tall clear container.*
- *Use 1½ bags of oranges and green leaves, placed sparingly into globe. Place two oranges in the bottom of the globe with a twig of greenery, 2 more oranges and another piece of greenery, and continue alternating until globe is filled.*
- *Carve a plug out of 3 to 5 oranges, the size of a tea light votive. Place tea light in the carved area. Put these orange votive holders around the globe centerpiece.*
- *Use sage or moss green placemats, and white napkins tied with orange ribbons.*

Nutritional Information

Information per serving (16 servings)

Calories	409
Carbohydrates	59 gm
Protein	5 gm
Fat	17 gm

Cholesterol	48 gm
Sodium	204 mg
Fiber	1 gm

Diabetic Food Exchange
Carbohydrate: 4
Fat: 3



HEALTHY HINTS:

Decrease the granulated and brown sugar to $\frac{2}{3}$ cup each and in the icing use fat-free cream cheese with $\frac{1}{2}$ cup confectioners' sugar.

Jody's Boston Cream Pie

Cake: ½ cup shortening

1 cup sugar

2 eggs

1 teaspoon vanilla extract

1¼ cups unsifted all-purpose flour

1½ teaspoons baking powder

¼ teaspoon salt

½ cup 1% or skim milk

Filling: ½ cup sugar

2 tablespoons cornstarch

1½ cups 1% or skim milk

2 egg yolks, slightly beaten

1 tablespoon butter

1 teaspoon vanilla extract



Glaze: 3 tablespoons water

2 tablespoons butter

3 tablespoons cocoa

1 cup confectioners' sugar

½ teaspoon vanilla extract



Cake: Preheat oven to 350°F.

Grease and flour a 9-inch cake pan. In a medium bowl, cream shortening, sugar, eggs, and vanilla until light and fluffy. Combine dry ingredients; add alternately with milk to creamed mixture. Pour batter into cake pan. Bake 30–35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely. Serves 12.

Filling: In a saucepan, combine sugar, cornstarch, milk, and egg yolks. Cook and stir over medium heat until mixture boils; stir boiling mixture 1 minute. Remove from heat; blend in butter and vanilla. Cover and chill for one hour.

Cut cake layer into two thin layers. Spread filling onto 1 cake layer. Top with remaining layer.

Glaze: In a small sauce pan, combine water and butter. Bring to full boil; remove from heat and immediately stir in cocoa. Beat in confectioners' sugar and vanilla; whisk if necessary until mixture is smooth. Cool slightly. Pour on top of cake, allowing some to drizzle down sides. Chill before serving.

Nutritional Information

Information per serving (12 servings)

Calories	336	Cholesterol	90 gm
Carbohydrates	48 gm	Sodium	171 mg
Protein	4 gm	Fiber	0 gm
Fat	13 gm		

Diabetic Food Exchange

Carbohydrate: 3

Fat: 2



HEALTHY HINTS:

To modify the saturated fat, change the shortening to $\frac{1}{3}$ cup oil and substitute the butter with Take Control or Benecol. In most recipes, sugar can be decreased by $\frac{1}{4}$ to $\frac{1}{3}$ of the original. Try $\frac{2}{3}$ cup sugar each for the cake and the glaze and $\frac{1}{3}$ cup for the filling.

No-Bake Cherry Cheesecake (Low Sugar)

- 2 (8-ounce) packages fat-free cream cheese**
- 1 (8-ounce) package 1/3-less-fat cream cheese (Neufchatel)**
- 1/3 cup lemon juice**
- 1 (12-ounce) can fat-free evaporated milk**
- 4 packets sugar substitute with aspartame (such as Equal)**
- 1 (8-ounce) container fat-free frozen whipped topping, thawed**
- 2 (9-inch) graham cracker pie crusts**
- 1 (20-ounce) can light cherry pie filling**



Beat cheeses for 2 minutes at medium speed with an electric mixer until blended (do not overbeat). Add lemon juice, milk and sugar substitute; beat 1 minute or until smooth. Fold in whipped topping.

Spoon cream cheese mixture into crusts; cover and chill until firm. To serve, top evenly with cherry pie filling. Yields 2 pies. Serves 16.



HEALTHY HINTS

You can make your own graham cracker crust to save on the total fat, as well as the trans fats. Use reduced fat graham crackers and Benecol or Take Control to make your own crust. It tastes better, too.



Nutritional Information

Information per serving (16 servings)

Calories	294	Cholesterol	13 gm
Carbohydrates	39 gm	Sodium	420 mg
Protein	8 gm	Fiber	0 gm
Fat	11 gm		

Diabetic Food Exchange

Carbohydrate: 2.5
Fat: 1
Protein: 1

Quick and Easy Rum Fruit Cake

- ½ cup (1 stick) margarine**
- 1 jar drained maraschino cherries**
- 1 cup walnut pieces**
- ½ cup light-brown sugar**
- ½ cup dark-brown sugar**
- 1 (18¼-ounce) box yellow cake mix**
- 4 eggs**
- ½ cup vegetable oil**
- 1 (2.1-ounce) box vanilla instant pudding**
- ½ cup water**
- ⅔ cup rum**



Preheat oven to 350°F.

In bundt pan melt margarine and turn until bottom and sides are greased. Sprinkle cherries, walnuts, and both sugars evenly into bundt pan. In a mixing bowl mix together the cake mix, 4 eggs, oil, pudding, water (additional rum may be substituted for water), and ⅓ cup rum. Beat well and pour into bundt pan. Bake for approximately 1 hour, or until done. Cool 5 minutes and turn out onto plate. Drizzle ⅓ cup rum on top.

Serves 16.

REAL STYLE

Here's a centerpiece that is both quick and elegant:

- *Collect pinecones, wash them in detergent and spray with clear varnish; then place the cones into a wooden bowl.*
- *Add pine branches to complete the arrangement.*
- *Use three apple-scented votive candles in upside down jar lids.*
- *Use sage tablecloth and napkins, tan paper or plastic products.*

Nutritional Information

Information per serving (16 servings)

Calories	395
Carbohydrates	44 gm
Protein	4 gm
Fat	22 gm

Cholesterol	62 gm
Sodium	399 mg
Fiber	1 gm

Diabetic Food Exchange

Carbohydrate: 3
Fat: 4

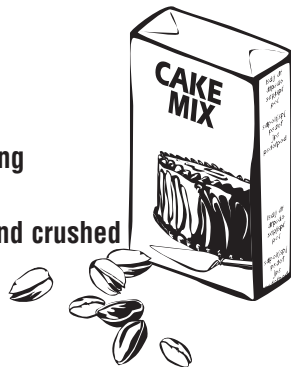


HEALTHY HINTS:

Skip the margarine and spray the bundt pan with cooking spray instead. You can decrease each sugar to $\frac{1}{3}$ cup and use sugar-free pudding to decrease the carbohydrates.

The Luck of the Irish Pistachio Cake

- 1 (18¼-ounce) box yellow cake mix**
- 4 eggs**
- 1 cup club soda**
- 2 (2.1-ounce) boxes instant sugar-free pistachio pudding**
- ¼ cup canola oil**
- 1 pound white shelled pistachio nuts, lightly toasted and crushed (can use walnuts or pecans)**
- 1½ cups skim milk**
- 1 (1½-ounce) envelope of powdered whipping cream**



Preheat oven to 325°F.

Grease and flour a bundt cake pan. In a large bowl, mix together cake mix, eggs, club soda, one box of pudding, oil and ½ cup of nuts. Bake for 45 minutes. Test with toothpick. Cool on rack for 10 minutes or until cake is completely cool. Remove from pan and place on a cake plate. Cover with icing.

Icing: Mix 1½ cups skim milk, instant whipped topping, and other box of pistachio pudding on low speed to combine, then on high for 3½–4 minutes. Stir in remaining nuts and spread on cake.

Real Style

Here's a quick and easy centerpiece for your next celebration:

- Use three small baskets or use standard-size net bags and fill with foil-wrapped fat-free chocolate coins as a favor for your guests. Toss a few around the baskets on the table to add a festive feel.*
- You can place a galvanized champagne bucket filled half full of water in the center of the table. Add a bunch of mixed, fresh-cut flowers from the floral department of your supermarket.*

Nutritional Information

Information per serving (16 servings)

Calories	385
Carbohydrates	39 gm
Protein	10 gm
Fat	22 gm

Cholesterol	62 gm
Sodium	418 mg
Fiber	3 gm

Diabetic Food Exchange

Carbohydrate: 2.5
Protein: 1
Fat: 3



HEALTHY HINTS:

To decrease the saturated fat and cholesterol, use 1 cup of egg substitute, or 2 eggs plus 4 egg whites. The fat in this recipe offers 9 grams of monounsaturated fat, the best fat, thanks to the pistachio nuts. Using a mild-flavored olive oil will provide a better ratio of monosaturated fat.

Bakeless Cookies	22
Cake Mix Cookies	24
Chewy Butterscotch Squares	26
Cracker Cookies	28
Diabetic Cookies	30
Jordanaire's Best Chocolate Syrup Brownies	32
Linc's Tarts	34
Mexican Wedding Cookies	36
Peanutty Ice Cream Sandwiches	38
Peppermint Meringues	40
Surprise Meringues	41
Gingerbread House	42

Cookies & Squares



Bakeless Cookies

- ½ cup (1 stick) butter**
- 2 cups sugar**
- ½ cup 1% or skim milk**
- ⅔ cup chunky peanut butter**
- 3 cups rolled oats**
- ½ teaspoon vanilla extract**



Melt butter in saucepan; add milk and sugar. Boil 3 minutes; remove from heat.

Add peanut butter, oats, and vanilla; mix well. Drop on waxed paper by teaspoonfuls. Refrigerate until firm.

These cookies can be stored on wax paper inside a sealed plastic container in the refrigerator to preserve freshness. You can also keep them in a cookie jar; because they are so good, they will not last long. Yields 3 dozen.

Serving Size: 1 cookie.



HEALTHY HINT

Try decreasing the sugar to 1½ cups and replacing the butter with Benecol or Take Control margarine.

REAL STYLE

Bakeless cookies bring back fond days of grade school friends and spend-the-night parties. Recipes like these remind us of nights spent in the kitchen creating midnight snacks. These are a favorite of ours and it is Edie's grandmother's recipe. Focus on the cookie dish for your centerpiece. Add pretty napkins and a hot beverage.

- *Using glass or ceramic paints, paint a pretty clear cookie dish with polka dots or florals in bright colors.*
- *Paint clear glasses or a cup and saucer to match for milk or tea or coffee.*
- *Choose coordinating paper or linen napkins. Remember to place to the left of the dessert plate.*

Nutritional Information

Information per serving (36 servings)

Calories	146
Carbohydrates	20 gm
Protein	3 gm
Fat	5 gm

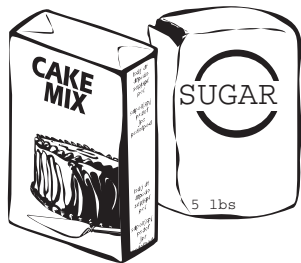
Cholesterol	7 gm
Sodium	51 mg
Fiber	1 gm

Diabetic Food Exchange

Carbohydrate: 1
Fat: 1

Cake Mix Cookies

- 1 (18¼ ounce) box cake mix (any flavor)**
- ½ cup sugar**
- ½ cup vegetable oil**
- 2 eggs**

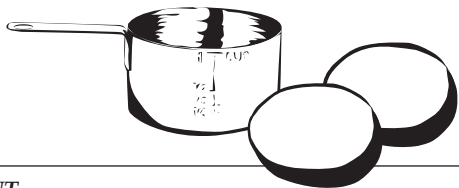


Preheat oven to 325°F.

Lightly grease a baking sheet. Combine ingredients and mix well. If too dry, add water, a teaspoon at a time, until moist enough to mix well. Drop by teaspoons onto a lightly greased baking sheet. Bake for 8 to 10 minutes.

You may add chocolate chips, nuts, or other ingredients, if desired.

Yields 24 cookies. Serving Size: 1 cookie



HEALTHY HINT

The cake mix alone may provide all the sugar you need.

REAL STYLE

Entertaining is not about perfection. It is about sharing good times with family and friends and having a spirit of acceptance and forgiveness. A simple menu and decorations will help avoid stress.

- *Place cut daffodils in 2 small fruit jars half filled with water.*
- *Place jars in a small-to-medium-size colored paper gift bag, which serves as a vase. The flower heads will stand or flow out of the top of the bag.*
- *Use yellow paper napkins and white paper plates in straw paper plate holders. These can be purchased at a discount store.*

Nutritional Information

Information per serving (24 servings)

Calories	157	Cholesterol	18 gm
Carbohydrates	21 gm	Sodium	148 mg
Protein	1 gm	Fiber	0 gm
Fat	7 gm		

Diabetic Food Exchange

Carbohydrate: 1.5
Fat: 1

Chewy Butterscotch Squares

- ½ cup non-fat evaporated milk**
- ½ cup chopped dates**
- ½ cup raisins**
- ½ cup (1 stick) butter or margarine, softened**
- ½ cup confectioners' sugar**
- 1 cup all-purpose flour**
- 1 egg**
- 1 (4-ounce) package butterscotch pudding or pie filling**
- ½ teaspoon baking powder**
- 1⅓ cups flaked coconut**



Preheat oven to 350°F. Butter an 8-inch square baking pan.

Pour ½ cup evaporated milk over dates and raisins. Let stand. Cream butter with confectioners' sugar until light and fluffy. Blend in flour. Press evenly in baking pan. Bake in oven for 20 minutes or until light brown. Beat egg. Stir in pudding, baking powder, coconut, and milk, date and raisin mixture. Spread on hot crust. Bake 40 more minutes or until well browned. Cool and cut into squares. Serves 16.

REAL STYLE

Your table is a worthy canvas for family and friends to enjoy and an excellent place to project your personal style.

- *Place squares in a napkin-covered basket.*
- *Have low-fat ice cream or whipped topping to serve with squares.*
- *Use a napkin-covered deep basket to hold geraniums for center of table.*
- *Use red napkins and plastic or paper plates. Use woven holders for paper plates.*

Nutritional Information

Information per serving (16 servings)

Calories	193	Cholesterol	29 gm
Carbohydrates	27 gm	Sodium	197 mg
Protein	2 gm	Fiber	1 gm
Fat	8 gm		

Diabetic Food Exchange

Carbohydrate: 2
Fat: 1

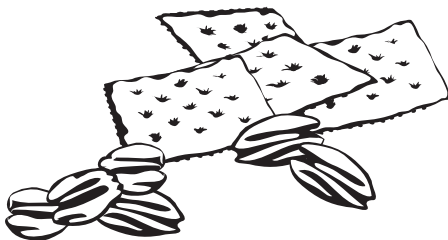


HEALTHY HINT:

Which is best, butter or margarine? One is saturated (butter), the other has trans fats—both raise cholesterol. At least the saturated fats in butter are not “hidden.” This recipe, as with all others offering a choice, is analyzed using butter but the pie shell has “hidden” trans fats.

Cracker Cookies

- 1 sleeve saltine crackers**
- 1 cup (2 sticks) butter**
- 1 cup sugar**
- 1½ cups chocolate chips**
- 1 cup chopped pecans**



Preheat oven to 400°F.

Line cookie sheet with foil. Place crackers in single layer on foil. Melt butter and sugar and pour over crackers. Bake for 10 minutes. Cover with chocolate chips. Use a spoon to spread chocolate as it melts. Sprinkle with pecans and freeze for 1 hour. Store in refrigerator in covered container.

Yields 42. Serving Size: 1 cookie.



HEALTHY HINT

Look for fat-free saltines. Use ½ cup Benecol or Take Control, 1/2 cup sugar and 1 cup chocolate chips for lower counts per cracker cookie—in other words, less topping per cracker.

REAL STYLE

A Holiday Open House calls for a beautifully set buffet.

- Use a long runner, folded tablecloth, or a piece of printed, hemmed fabric for your table.*
- Fill a large, clear container with cranberries, lemons, and limes. Add water.*
- Place Eleagnus branches and/or tall curly willow stems in the center of fruit, to hide stems. The branches need to be one and-a-half times the height of the vase.*
- Lay cranberries among foods on the table for color, hang a greeting sign, or a large greeting card on the front door. Place cards with the recipes on easels on the buffet for conversation starters.*

Nutritional Information

Information per serving (42 servings)

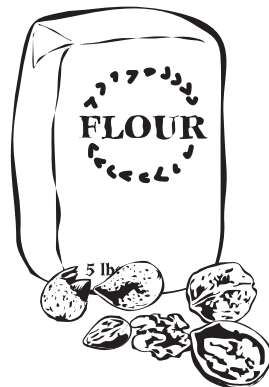
Calories	114	Cholesterol	10 gm
Carbohydrates	11 gm	Sodium	62 mg
Protein	0 gm	Fiber	0 gm
Fat	8 gm		

Diabetic Food Exchange

Carbohydrate: 1
Fat: 1

Diabetic Cookies

- ½ cup dates, chopped**
- ½ teaspoon baking soda**
- ½ cup boiling water**
- ½ cup butter substitute**
- 2 eggs, well beaten**
- 2 cups all-purpose flour**
- 1 teaspoon baking powder**
- 15 tablets (¼ grain) sugar substitute, crushed**
- ½ cup nuts, chopped (optional)**



Preheat oven to 375°F.

Put dates and baking soda in small bowl; pour boiling water over them and let cool. Soften butter with mixer; add eggs, mix well. Add flour, baking powder and sugar substitute. Fold in nuts and cooled date mixture. Drop by spoonfuls onto cookie sheet. Bake for 10–12 minutes.

Yields 36 cookies. Serving Size: 1 cookies.



HEALTHY HINT

Diabetics can count each cookie as ½ carbohydrate serving.

REAL STYLE

Your guests and their dietary needs need to be taken into consideration. It is rare for people to ask their guests about their dietary needs, but special diets and health issues have become more prominent in recent years. So be proactive — your guests will appreciate it.

- *Add a twinkle to your buffet table by laying a strand of small, white lights among the food, the length of the buffet. Set 3 white pillar candles (4-, 6-, and 8-inch heights) in the center of the table to complete the twilight.*
- *Do not hesitate to use mismatched dishes: guests will love your efforts.*
- *Stack napkins, flatware, and plates at one end of your buffet table.*
- *Organize your meats, breads, vegetables, and sweets to make it easy for your guests.*



Nutritional Information

Information per serving (36 servings)

Calories	59	Cholesterol	11 gm
Carbohydrates	7 gm	Sodium	49 mg
Protein	1 gm	Fiber	0 gm
Fat	2 gm		

Diabetic Food Exchange

Carbohydrate: 0.5

Jordanaire's Best Chocolate Syrup Brownies

A favorite of Elvis Presley

½ cup (1 stick) butter

1 cup sugar

3 eggs

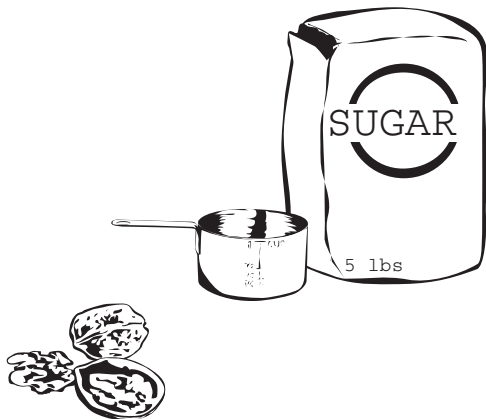
dash salt

1 cup sifted all-purpose flour

¾ cup chocolate-flavored syrup

2 teaspoons vanilla extract

¾ cup chopped walnuts or pecans



Preheat oven to 350°F.

Lightly grease and flour a 9-inch square pan. In a large bowl cream together the butter, sugar and eggs. Add the salt. Stir in the flour, mixing to blend well. Add the chocolate syrup, vanilla and chopped nuts. Turn the mixture into pan. Smooth the top. Bake for about 35 minutes or until a toothpick inserted near the center comes out clean.

Cool in the pan or on a wire rack but loosen the edges first. Cut into squares. Garnish with pecans or walnuts halves or dust with confectioners' sugar. Yields 16 brownies. Serving size: 1 brownie.

REAL STYLE

In honor of the legend, Elvis, have a theme party. Send invitations depicting Elvis in a tropical setting, from his famous movie, Blue Hawaii.

- *Create an area for conversation, such as a beverage table with cold drinks, ice and a simple help-yourself punch bowl, cups, glasses. Light the beverage table area with 3 pillar candles on a plate sprinkled with glitter.*
- *On the food table create a standing construction paper Elvis, complete with his glitter suit. The image of Elvis does not have to be perfect. Just cut out a silhouette in black construction paper and glue it to a one-liter soda bottle. Lay old, small records (45's) among the foods, and sprinkle glitter on the table.*

Nutritional Information

Information per serving (16 servings)

Calories	221
Carbohydrates	28 gm
Protein	3 gm
Fat	10 gm

Cholesterol	61 gm
Sodium	100 mg
Fiber	0 gm

Diabetic Food Exchange

Carbohydrate: 2
Fat: 2

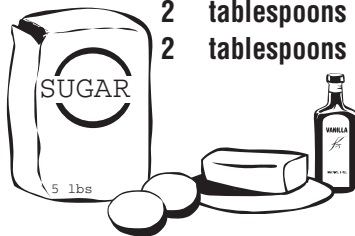


HEALTHY HINTS

Change the butter to $\frac{1}{3}$ cup olive or canola oil and decrease the sugar to $\frac{2}{3}$ cup. Especially with the chocolate syrup, you won't miss the sugar.

Linc's Tarts

- 1 cup (2 sticks) butter or margarine, softened**
- 1 cup sugar**
- 1 teaspoon vanilla extract**
- 1 whole egg, plus 1 egg yolk, well beaten**
- 2¼ cups sifted all-purpose flour**
- 1 egg white, slightly beaten**



Toppings

- ½ cup finely chopped pecans or walnuts**
- 2 tablespoons cinnamon sugar**
- 2 tablespoons colored sprinkles**

Preheat oven to 350°F.

In a mixing bowl, cream together the butter and sugar. Add vanilla, whole egg and egg yolk and beat until fluffy. Blend in flour until it is thoroughly mixed. Chill the dough overnight.

Roll one-fourth of the dough out thin on a lightly floured board. Cut into desired shapes. Repeat with remaining dough. Place on ungreased baking sheets. Brush tarts with egg whites and sprinkle with suggested toppings. Bake for 10 to 12 minutes.

Yields 36 medium-size tarts. Serving Size: 1 tart.

REAL STYLE

Use a three-tier server when serving celebration desserts. Display it in plain sight even before a meal so guests can enjoy the delightful shapes of the season and look forward to eating them after the meal.

- *Make a cookie bouquet centerpiece by taking 5 to 7 tarts and icing or gluing Popsicle sticks into tarts. Ice both sides of each cookie.*
- *Using a low container, insert the cookie bouquet into stiff foam covered with foliage.*
- *Bake and decorate small leftover shapes to lie on table close to centerpiece.*
- *Use colorful napkins and tie an ornament onto each napkin (example: a cut out star) and write each guest's name on it.*

Nutritional Information

Information per serving (36 servings)

Calories	114
Carbohydrates	12 gm
Protein	1 gm
Fat	6 gm

Cholesterol	26 gm
Sodium	56 mg
Fiber	0 gm

Diabetic Food Exchange

Carbohydrate: 1
Fat: 1



HEALTHY HINTS:

Substitute Benecol or Take Control for the butter and reduce the sugar to $\frac{3}{4}$ cup.

Mexican Wedding Cookies

- ½ cup (1 stick) butter**
- 1 cup cake flour**
- 4 tablespoons sugar**
- ½ teaspoon salt**
- ½ teaspoon vanilla extract**
- 1 cup chopped nuts**
- ¼ cup powdered sugar**



Preheat oven to 350°F. Lightly grease a cookie sheet.

Cream together first five ingredients. Add nuts and mix well. Roll into ½-inch diameter balls and place on a cookie sheet. Bake for about 12 minutes. Once out of the oven, set on a hot pad and cool in pan for five minutes. Sprinkle powdered sugar over them while they are still warm. Yields 24 small cookies. Serving Size: 1 cookie.



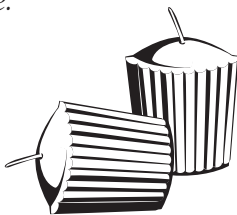
HEALTHY HINTS

Substitute Benecol or Take Control for the butter.

REAL STYLE

Reflect the light and bring sparkle to your dining table with mirrored tiles.

- *Buy four mirrored tiles at your local hardware or discount store, and place in the center of the table.*
- *Place a medium, clear glass or crystal vase in the center of tiles, and add fresh-cut flowers such as white roses, white gladiolas, or white lilies.*
- *Drop any extra petals on the mirrors, and place four votive candles, one on each corner of mirrors, to set the mood.*
- *Select white plates, white napkins and clear glassware.*



Nutritional Information

Information per serving (24 servings)

Calories	102	Cholesterol	10 gm
Carbohydrates	8 gm	Sodium	88 mg
Protein	0 gm	Fiber	0 gm
Fat	7 gm		

Diabetic Food Exchange

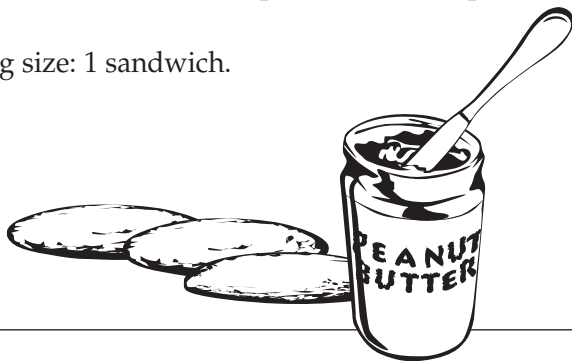
Carbohydrate: 0.5
Fat: 1

Peanutty Ice Cream Sandwiches

- 3 tablespoons no-sugar-added peanut butter**
- 2 cups vanilla no-sugar-added, fat-free ice cream, softened**
- 16 (2-inch diameter) gingersnaps**

Swirl peanut butter into ice cream. Place in freezer 30 minutes or until firm enough to spread. Spread $\frac{1}{4}$ cup ice cream mixture onto each of 8 gingersnaps. Top with remaining 8 gingersnaps. Place sandwiches on a 10 x 15 inch jellyroll pan; freeze until firm. Wrap sandwiches in plastic wrap and store in freezer.

Yields 8 sandwiches. Serving size: 1 sandwich.



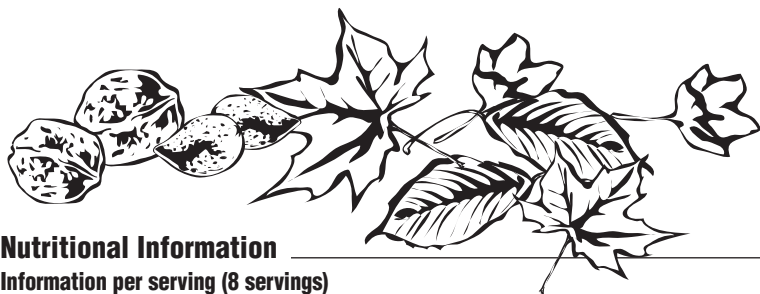
HEALTHY HINTS

Some gingersnaps are low in fat, but others are not. If you can't find one that has 2 grams of fat or less, try using Sugar Free Snackwell Oatmeal Cookies instead.

REAL STYLE:

Nutty Sandwich Party

- *Take a clear 12" cylinder vase and fill with 3 packs of unshelled nuts mixed with fall or green leaves. Gather the leaves from your yard or purchase artificial leaves from a craft or discount store. Mix the two together and pour into the cylinder.*
- *Place three fall branches in the cylinder to give an open, airy presentation.*
- *Use clay saucers for your peanuttty ice cream sandwiches.*
- *We suggest you use fall colors for all your table accessories.*



Nutritional Information

Information per serving (8 servings)

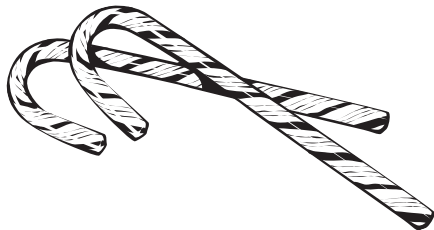
Calories	139	Cholesterol	0 gm
Carbohydrates	21 gm	Sodium	144 mg
Protein	3 gm	Fiber	1 gm
Fat	4 gm		

Diabetic Food Exchange

Carbohydrate: 1.5
Fat: 1

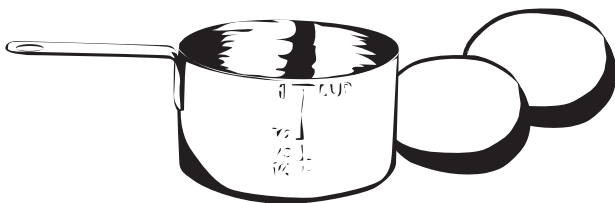
Peppermint Meringues

- 2 egg whites**
- $\frac{1}{8}$ teaspoon salt**
- $\frac{1}{8}$ teaspoon cream of tartar**
- $\frac{1}{2}$ cup sugar**
- 2 peppermint candy canes, crushed**



Preheat oven to 225°F.

Line a baking sheet with paper or foil. In a mixing bowl, beat egg whites until foamy. Sprinkle with salt and cream of tartar; beat until soft peaks form. Gradually add sugar, beating until stiff peaks form. Drop by teaspoonfuls onto baking sheets; sprinkle with the crushed candy. Bake for 2–3 hours. Turn off heat; leave cookies in the oven with the door ajar for at least 1 hour or until cool. Store in an airtight container. Yields 3 dozen. Serving size: 1 meringue.



For a great meringue variation, try replacing the peppermints with the following ingredients:

1 teaspoon vanilla extract

$\frac{3}{4}$ cup miniature semi-sweet chocolate chips

$\frac{1}{4}$ cup chopped pecans or walnuts



Nutritional Information

Information per serving (36 servings)

Calories	15	Cholesterol	0 gm
Carbohydrates	3 gm	Sodium	11 mg
Protein	0 gm	Fiber	0 gm
Fat	0 gm		

Diabetic Food Exchange

2 meringues: FREE

5 meringues:
Carbohydrate: 1



HEALTHY HINTS:

Note that substituting chocolate or pecans for peppermint will add about 20 calories per meringue, as well as increase the carbohydrates to 5 gm. It will also decrease the sodium to 9 mg per meringue.

Gingerbread House

A Family Tradition

For the Gingerbread House you will need:

- 7 graham crackers
- frosting that hardens when it dries
- vanilla wafers
- plenty of candy and other treats



You will also need a pastry bag for squeezing the frosting. If you don't have a pastry bag, you can improvise by poking a small hole in the bottom corner of a Ziploc sandwich bag.



Construction:

1. Place a graham cracker flat on the table and squeeze frosting along all four edges.
2. Stand a graham cracker along each edge (use halves on the ends). Put frosting in the corners and hold crackers until the frosting begins to dry. Let stand for about fifteen minutes, or until frosting hardens.

3. Squeeze frosting along the top edge of the two long-standing graham crackers. Place the remaining two graham crackers on top, forming an inverted V. Squeeze frosting along the top of the inverted V. If you wish to form eaves by allowing the graham crackers to hang over the outer walls, you will need to hold them in place until the frosting dries.
4. Now comes the fun part — decorating your house. Using the rest of your frosting as a base, place your goodies on the house to form shingles, windows, doors, and other interesting designs.

This graham cracker gingerbread house is edible. I'd wait at least a day and enjoy your masterpiece.



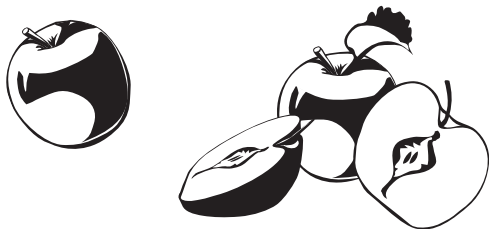
Apple Pie	46
Chess Pie	48
Coconut Pie	50
Light Banana Pie	52
Mandarin Ice Box Pie	54
Pecan Pie	56
The Derby Pie	58
Whistle Stop Tart Lemon Pie	60

Pies



Apple Pie

- 2 9-inch piecrusts**
- 7 cups thin sliced, cored, peeled baking apples (about 7 medium apples)**
- 1 cup sugar substitute**
- 3 tablespoons corn starch**
- $\frac{3}{4}$ teaspoon ground cinnamon**
- $\frac{1}{4}$ teaspoon ground nutmeg**
- $\frac{1}{4}$ teaspoon salt**



Preheat oven to 425°F.

Prepare first piecrust and set into a 9-inch pie pan. Combine sugar substitute, cornstarch, cinnamon, nutmeg, and salt in a small bowl. Sprinkle the mixture over apples and toss in a large bowl. Pour apple mixture into the piecrust. Place the second crust over the filling, seal edges, trim and flute.

Make small openings in the top crust following your preferred pattern. Bake until the top crust is golden (about 40–50 minutes). Chill before serving or serve warm. Serves 8.



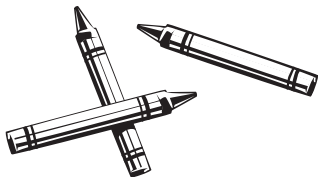
HEALTHY HINT

Save 80 calories, 7 grams of carbohydrate, and 5 grams of fat per serving by leaving off the top crust.

REAL STYLE

Celebrate Independence Day or remember our veterans with an All-American dessert and decorations. Here are quick and easy centerpieces and buffet ideas using apples, a beautiful fruit with a sweet aroma.

- *Purchase three 10-inch American flags and place them in a large red delicious apple at 45-degree angles equal distances apart, for a centerpiece.*
- *If you are using a buffet table, carve out the centers of three slightly smaller apples and place tea lights in them.*
- *Use paper or plastic red, white, and blue cups, plates, and napkins for serving.*
- *Use white butcher paper for your tablecloth; the kids can use crayons to draw on the tablecloth after the meal.*



Nutritional Information

Information per serving (8 servings)

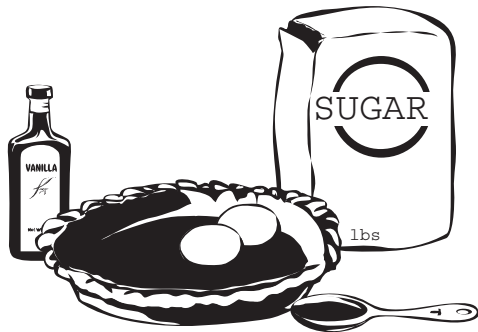
Calories	231	Cholesterol	0 gm
Carbohydrates	33 gm	Sodium	279 mg
Protein	1 gm	Fiber	2 gm
Fat	10 gm		

Diabetic Food Exchange

Carbohydrate: 2
Fat: 2

Chess Pie

- 2 eggs**
- 1½ cups sugar**
- ¼ cup 1% or skim milk**
- 1 cup (2 sticks) butter, melted**
- 1 tablespoon flour**
- 1 tablespoon cornmeal**
- ½ teaspoon vinegar**
- ½ teaspoon vanilla extract**
- 1 unbaked 9-inch pie shell**



Preheat oven to 350°F.

Beat eggs in mixing bowl, then add sugar. Mix well, then add other ingredients. Pour into unbaked pie shell and bake until done, about 30 minutes. Garnish pie with a dollop of low-fat whipped cream and half a cherry. Serves 8.



HEALTHY HINT

You can usually decrease the sugar in a recipe by 1/3 without affecting taste. However, in some recipes (like cookies), tenderness could be affected.

REAL STYLE

Transform everyday items into extraordinary decorations.

- *Place an African violet in a charming china cup for a centerpiece.*
- *Use an iron skillet for a cactus or plant garden for the center of your table.*
- *Use a worn-out teapot for a cut-flower container on your table or for a back door greeting.*
- *For napkins and dessert plates, be brave: use blues and violets accented with chartreuse.*



Nutritional Information

Information per serving (8 servings)

Calories	460
Carbohydrates	47 gm
Protein	3 gm
Fat	29 gm

Cholesterol	8 gm
Sodium	356 mg
Fiber	0 gm

Diabetic Food Exchange

Carbohydrate: 3
Fat: 5

Coconut Pie

- 2 tablespoons unsalted butter**
- 1 cup 1% or skim milk**
- 2 large eggs**
- $\frac{3}{4}$ cup granulated sugar substitute**
- $\frac{1}{4}$ cup self-rising flour**
- $\frac{1}{2}$ teaspoon vanilla extract**
- $1\frac{1}{2}$ cups fresh shredded coconut**

Preheat oven to 350°F.

Grease and flour a 9-inch pie pan. Melt butter and mix with milk. Beat in eggs and sugar substitute until mixed. Beat in flour and vanilla. Mix in coconut. Pour batter into pie pan. Bake for 30–40 minutes.

Allow pie to cool to room temperature, then refrigerate for two hours before serving. Serves 8.



HEALTHY HINT

Cut the saturated fat in half by substituting Benecol or Take Control for the butter and decreasing the coconut to 1 cup.

REAL STYLE

Awake from winter slumber with spring colors.

- *Use a clear, large, hurricane globe or a large cylinder, easily found at a craft store. Fill this with lemons for a vibrant centerpiece.*
- *Make individual bouquets for each guest's plate by placing small daisies and baby's breath into carved out limes; place one lime bouquet above the dinner plate of each place setting.*
- *Use a white or green tablecloth.*
- *Use yellow napkins tied with white ribbon or natural raffia.*



Nutritional Information

Information per serving (8 servings)

Calories	137
Carbohydrates	11 gm
Protein	3 gm
Fat	9 gm

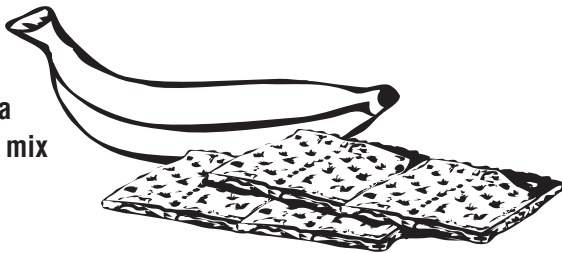
Cholesterol	62 gm
Sodium	116 mg
Fiber	0 gm

Diabetic Food Exchange

Carbohydrate: 1
Fat: 1

Light Banana Pie

- 10 graham crackers**
- 1 large banana**
- 1 (2.1-ounce) box instant vanilla
or banana sugar-free pudding mix**
- 2 cups skim milk**
- 8 ounces light whipped topping**



Line a 10-inch pie plate with graham crackers. Slice one large banana and place on top of graham crackers. Prepare instant sugar-free pudding according to directions, using skim milk, and pour over bananas. Top with light whipped topping. Refrigerate until firm.

Note: You can use a graham cracker crust for this recipe. Combine $1\frac{1}{2}$ cups crushed graham crackers with $\frac{1}{3}$ cup melted light margarine and press into pie plate. Crust will be thin. Serves 8.



HEALTHY HINTS

Already nutritious, but for those wanting to do even better, use reduced-fat graham crackers and fat-free whipped topping. The already-prepared crust will add trans fats.

REAL STYLE

To create a centerpiece, use a shiny new paint bucket for your container. Paint it as if yellow and blue paint were really used in the bucket dripping down the sides.

- Put water in the bucket and add yellow zinnias and blue hydrangeas. Lay a flower and a few petals at the base of arrangement.*
- Use blue paper or plastic plates*
- Place white napkins tied with yellow raffia to the left of your flatware.*
- Cut one piece of white poster board in half to make two placemats. Use one mat for each guest. Cut place cards from card stock or construction paper, fold in half, and write the names of your guests in heavy black ink. Use water-based paints for splattering the mats and place cards.*

Nutritional Information

Information per serving (8 servings)

Calories	151
Carbohydrates	25 gm
Protein	2 gm
Fat	4 gm

Cholesterol	2 gm
Sodium	135 mg
Fiber	0 gm

Diabetic Food Exchange

Carbohydrate: 1.5
Fat: 1

Mandarin Ice Box Cake

- 3 (11-ounce) cans mandarin oranges**
- 1 cup cold water**
- 10 lady fingers**
- 1 (2.1-ounce) box lemon gelatin**
- 2 cups whipped topping**



Drain oranges, reserving liquid. Add water to orange liquid to make 2 cups. Bring to a boil and dissolve gelatin in hot mixture. Stir in a cup of cold water, cool until partially set. Line sides of 9-inch spring form pan with split lady fingers. Fold whipped topping into gelatin mixture and add oranges. Save some for garnish. Refrigerate overnight. Serves 12.



HEALTHY HINTS

Use Snackwell's Crème Sandwich Cookies instead of Lady Fingers. Also, use fat-free whipped topping.

REAL STYLE

A topiary tree will make a lovely centerpiece for this celebration.

- Use a 12-inch florist foam cone, and florist picks from your local nursery or florist, canned mandarin oranges, and foliage. Stick picks in oranges and then layer them into the cone until it is covered. Fill any openings on the cone with green leaves.*
- Set the completed cone on a saucer.*
- Use all-white accessories on your table, with orange napkins.*

Nutritional Information

Information per serving (12 servings)

Calories	193	Cholesterol	0 gm
Carbohydrates	35 gm	Sodium	112 mg
Protein	2 gm	Fiber	2 gm
Fat	5 gm		

Diabetic Food Exchange

Carbohydrate: 2
Fat: 1

Pecan Pie

- 3 eggs
- 1 cup granulated or brown sugar
- 1 cup light corn syrup
- 1 cup pecan halves
- 1 teaspoon vanilla extract
- 1 9-inch piecrust



Preheat oven to 350°F.

Beat eggs and sugar until thick; add corn syrup, pecans and vanilla. Pour into pie crust. Bake for 1 hour.

Note: you can sprinkle the pecans over the filling after pouring it into the crust. Serves 8.



HEALTHY HINTS

You won't miss $\frac{1}{3}$ cup of sugar with the corn syrup. It is always best, if you use a crust, to make your own using Benecol or Take Control as the fat source.

REAL STYLE

Sometimes natural party elements are all you need for a down-home celebration.

- *Take magnolia leaves and branches from your yard or purchase them dried from a craft or discount store.*
- *Place the leaves in a 15-inch diameter galvanized tub for your centerpiece.*
- *Use a plaid table cloth, in fall colors.*
- *Use napkins and accessories in burnt orange, sage, or gold.*



Nutritional Information

Information per serving (8 servings)

Calories	392	Cholesterol	92 gm
Carbohydrates	59 gm	Sodium	186 mg
Protein	4 gm	Fiber	1 gm
Fat	17 gm		

Diabetic Food Exchange

Carbohydrate: 4
Fat: 3

The Derby Pie

- 1 cup sugar**
- ½ cup flour**
- ½ cup (1 stick) margarine**
- 2 eggs, beaten**
- 1 teaspoon vanilla extract**
- ½ cup pecans, chopped**
- ½ cup chocolate chips**
- 1 9-inch pie shell**



Preheat oven to 325°F.

Mix all ingredients and pour into pie shell. Bake 45 minutes. Serves 8.



HEALTHY HINTS

Decrease the sugar to $\frac{2}{3}$ cup and replace the margarine with $\frac{1}{2}$ cup Benecol or Take Control.

REAL STYLE

To chase autumn chill, offer cups or mugs of hot tea or coffee to your guests.

- *For your centerpiece, use a 15-inch round, brown or earth-colored tray with handles. Place a teakettle on a hot pad at the top of the tray, then space the cups or mugs out so you can place tops of flowers of choice around them.*
- *Place a salmon-colored, standard-size (70 inches long x 13½ inches wide) cloth runner on the table.*



Nutritional Information

Information per serving (8 servings)

Calories	433	Cholesterol	61 gm
Carbohydrates	46 gm	Sodium	255 mg
Protein	4 gm	Fiber	1 gm
Fat	26 gm		

Diabetic Food Exchange

Carbohydrate: 3
Fat: 5

Whistle Stop Tart Lemon Pie

- 1 (.25 ounce) package sugar-free lemonade mix**
- 1 (2.1-ounce) box instant vanilla sugar free pudding mix**
- 2 cups skim milk**
- 1 (12-ounce) container light whipped topping**
- 1 9-inch graham cracker crust**

Combine lemonade, pudding, and milk; fold in half of whipped topping. Pour mixture into crust. Top with remaining whipped topping and chill 2 hours. Serves 8.



HEALTHY HINTS

Make your own crust with reduced fat graham crackers and Take Control or Benecol and use fat-free whipped topping.

REAL STYLE

Pair lemons and daisies for the perfect centerpiece.

- *Place eight or ten lemons in a wide mouth clear vase.*
- *Tuck the stems of daisies and baby's breath in the middle of lemons, add water.*
- *Use a yellow tablecloth or placemats, and tie napkins with green raffia. Tuck a daisy into the raffia.*
- *White or clear dishes are perfect.*



Nutritional Information

Information per serving (8 servings)

Calories	280	Cholesterol	1 gm
Carbohydrates	41 gm	Sodium	3367 mg
Protein	3 gm	Fiber	0 gm
Fat	12 gm		

Diabetic Food Exchange

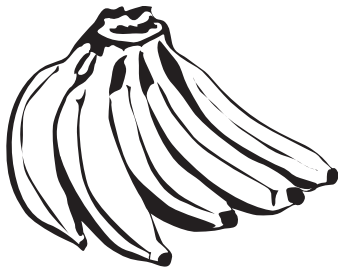
Carbohydrate: 2.5
Fat: 2

Best Bananas Foster	64
Bud's Original Banana Pudding	66
Caramel Popcorn Balls	68
Cinnamon Bread Pudding (Low Sugar)	70
Flavored Buns	72
Frozen Fruit Kabobs	74
Low-fat Chocolate Dessert	76
Ohh! Pumpkin Pie Dessert	78
Old-Fashioned Bread Pudding	80
Orange Sherbet Salad	82

Other Desserts

Best Bananas Foster

- ¾ cup unsweetened apple juice**
- ⅛ teaspoon apple pie spice**
- 3 medium, ripe, firm bananas, peeled**
- 2 teaspoons cornstarch**
- 2 tablespoons rum**
- ⅛ teaspoon maple flavoring**
- ⅛ teaspoon butter flavoring**
- 3 cups vanilla, no-sugar-added, fat-free ice cream**



Combine apple juice and apple pie spice in a large skillet. Cut bananas in half lengthwise; cut each in half crosswise to make 12 pieces. Add banana pieces to juice mixture; cook over medium heat just until banana is heated, basting often with juice mixture.

Combine cornstarch, rum, and flavorings, stirring until smooth; add to banana mixture. Bring to a boil. Boil, stirring constantly, for one minute. Remove from heat.

To serve, spoon ½ cup ice cream into each of six dishes. Spoon banana mixture evenly over ice cream and serve immediately.

Serves 6.

REAL STYLE

This is an impressive ending to a wonderful meal for your special guests. Keep styling simple and carry the parfait-glass theme from the beginning of the meal with the centerpiece, to the closing of the meal with dessert parfaits.

- *Place ten clear marbles in a parfait glass. Add water and fresh daisies or other small flowers. Use this as your centerpiece.*
- *Use one parfait glass for each guest.*
- *Place a saucer under each parfait when serving to provide a spoon rest for each guest.*
- *Use yellow napkins tied with white ribbon and place them to left of plate on white tablecloth.*

Nutritional Information

Information per serving (6 servings)

Calories	171
Carbohydrates	30 gm
Protein	3 gm
Fat	0 gm

Cholesterol	0 gm
Sodium	61 mg
Fiber	1 gm

Diabetic Food Exchange
Carbohydrate: 2

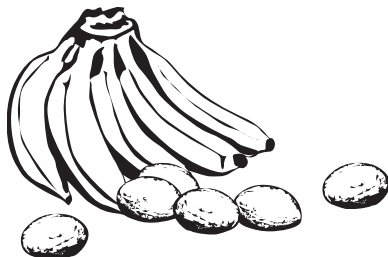


HEALTHY HINT

A nice diabetic dessert. Count as two carbohydrate servings.

Bud's Original Banana Pudding

- $\frac{2}{3}$ cup sugar**
- $\frac{1}{4}$ cup all-purpose flour**
- $\frac{1}{4}$ teaspoon salt**
- 2 cups 1% or skim milk**
- 2 eggs, separated**
- 1 teaspoon vanilla extract**
- 24 vanilla wafers (bite size)**
- 6 ripe bananas, sliced thin**



Preheat oven to 425°F.

Combine sugar, flour and salt in the top of a double boiler. Stir in milk. Cook over high heat, stirring until thickened. Remove from heat.

Beat egg yolks and gradually stir into hot mixture. Cook 5 minutes on high, stirring constantly. Remove from heat to hot pad again, add vanilla. Line a one-quart casserole with vanilla wafers and top with sliced bananas. Pour $\frac{1}{2}$ portion of custard over bananas. Repeat, ending with custard on top. Beat egg whites stiff, but not dry. Gradually add $\frac{1}{4}$ cup sugar and beat until mixture forms stiff peaks. Pile on top of pudding. Bake in oven for five minutes. Serve warm or chilled. Serves 8.

REAL STYLE

- *Keep centerpiece easy with three crystal or clear vases approximately 4 inches in diameter. Pour white sand into vases.*
- *Set white pillar candles on sand inside vases. Place all three in the center of table in a clover arrangement.*
- *Use white paper plates and sand-colored napkins; tie a seashell on each napkin with twine or white raffia.*

Bud's Best Cookies are made and distributed from Birmingham, Alabama. This recipe is created and donated by Bud Cason himself.

Nutritional Information

Information per serving (8 servings)

Calories 245

Carbohydrates 48 gm

Protein 5 gm

Fat 4 gm

Cholesterol 55 gm

Sodium 148 mg

Fiber 2 gm

Diabetic Food Exchange

Carbohydrate: 3

Fat: 1



HEALTHY HINT:

Using skim or 1% milk in baked recipes makes little difference in taste with big differences in fat and saturated-fat content.

Caramel Popcorn Balls

5 tablespoons vegetable oil
2½ cups un-popped popcorn
¼ cup butter
1 cup packed light-brown sugar
½ cup light corn syrup
⅔ cup sweetened condensed milk
½ teaspoon vanilla extract



Add 1 tablespoon of the oil to a four-quart saucepan, and heat over high heat. When oil is hot, add ½ cup of popping corn. Keep pan moving constantly. When corn stops popping, remove from heat. Place popped corn in oven to keep warm. Repeat until all corn has been popped. Set aside. In a medium saucepan with a candy thermometer inserted, combine butter, sugar, and corn syrup. Stir well and bring to a boil over medium heat. Stir in condensed milk; simmer, stirring constantly, until thermometer reads 238°F (114°C). Stir in vanilla. Pour caramel over popped corn and stir to coat. Butter hands lightly; shape popcorn into balls about 3½ inches in diameter.

Suggestion: To make these healthier and lower in fat, you could make this recipe with air-popped or fat-free microwave popcorn.

Yields 15 4-cup popcorn balls. Serves 15.

REAL STYLE

A great Halloween treat!!

These are universal crowd pleasers of the young and old. When served at home, stack them unwrapped or wrap them in individual colored plastic wrap and tie with a curly ribbon and place on a platter.

- *Carve out a medium pumpkin, and place yellow or rust-colored mums inside the pumpkin container. Add curly ribbon streaming out of the pumpkin.*
- *Have a bucket or pail with apples in water for an apple bobbing contest.*
- *Purchase small pumpkins for children to paint faces on.*
- *Provide moist towelettes for sticky little fingers.*

Nutritional Information

Information per serving (15 servings)

Calories	333
Carbohydrates	57 gm
Protein	5 gm
Fat	10 gm

Cholesterol	12 gm
Sodium	68 mg
Fiber	5 gm

Diabetic Food Exchange

Carbohydrate: 3.5
Fat: 2



HEALTHY HINT

Try Benecol or Take Control for the butter and fat-free sweetened condensed milk.

Cinnamon Bread Pudding (Low Sugar)

- 2 cups skim milk**
- 4 tablespoons margarine, cut into pieces**
- 1 egg**
- 2 egg whites**
- 5 teaspoons (or 16 packets or $\frac{2}{3}$ cup) of sugar substitute**
- $1\frac{1}{2}$ teaspoons ground cinnamon**
- $\frac{1}{8}$ teaspoon ground cloves**
- 3 dashes of ground mace (optional)**
- $\frac{1}{4}$ teaspoon salt**
- 4 cups cubed day-old French or Italian bread ($\frac{3}{4}$ inch cubes)**



Preheat oven to 350°F.

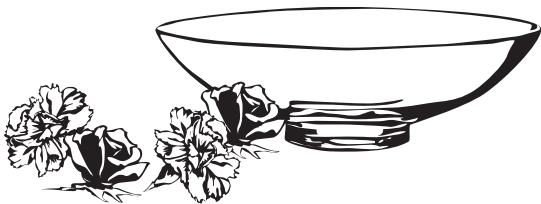
Heat milk and margarine to a simmer in medium saucepan; remove from heat and stir until margarine is melted. Cool 10 minutes. Beat egg and egg whites in large bowl until foamy; mix in sugar substitute, spices, and salt. Stir milk mixture into egg mixture; add bread. Mix well.

Spoon mixture into ungreased $1\frac{1}{2}$ -quart casserole. Place casserole in roasting pan on oven rack; add 1 inch hot water. Bake, uncovered, until pudding is set and sharp knife inserted halfway between center and edge comes out clean, approximately 40–45 minutes. Serves 12.

REAL STYLE

Use floating hybrid roses and candles to celebrate.

- *Fill a shallow dish three quarters full with water.*
- *Float roses or available flowers in the dish, and add extra petals around the outside of the centerpiece. Use white, red, and pink linens.*
- *Place a twig wreath at the front door of your home with small note cards written in red or blue with cheerful sayings. Hang the wreath with a ribbon tacked with a small thumbtack over the top of your door.*



Nutritional Information

Information per serving (12 servings)

Calories	99	Cholesterol	18 gm
Carbohydrates	9 gm	Sodium	217 mg
Protein	3 gm	Fiber	0 gm
Fat	4 gm		

Diabetic Food Exchange

Carbohydrate: 0.5
Fat: 1

Flavored Buns

½ cup 1% or skim milk
¼ cup (½ stick) butter
2 tablespoons water
2½ cups all-purpose flour
½ cup cornmeal

½ cup Mission San Marcos flavored instant coffee
½ teaspoon salt
1 1¼-ounce package active dry yeast
1 egg

Preheat oven to 375°F.

Grease a large bowl and a baking sheet. Heat milk, butter and water until very warm. In a large bowl mix 1 cup flour, ½ cup cornmeal, ½ cup instant flavored coffee (flavor of your choice), salt and yeast. Add the warm milk mixture; beat two minutes. By hand, stir in enough flour to make a stiff dough. Knead 3–5 minutes until smooth. Place in greased bowl, cover and let rise until dough has doubled in size. Punch the dough down, let rest 10 minutes. Roll the dough out in a large rectangle to slightly less than ½ inch thick. Cut out buns using a round 2-inch cookie cutter. Place 2 inches apart on a greased baking sheet. Cover and let rise until light brown on top, about 45 minutes. Bake for 15 minutes. Brush with melted butter.

For a real treat, push a dent in the top of the bun before baking and fill with whipped cream when finished. Or glaze with a butter frosting flavored with Mission San Marcos flavored instant coffee. To make the frosting, buy a ready-made can of butter frosting, and mix in 1 teaspoon instant coffee. Pour warm frosting over dent in the top of the bun. Serves 16.

REAL STYLE

- *Place a small block of soaked floral foam in a large, clear, glass compote or trifle dish. Cover the foam with green moss. Green moss and floral foam can be found at most discount stores.*
- *Use cut flowers and green grapes in the compote, placing the flowers in the center and draping grapes over the side of the compote.*
- *Use a moss-green tablecloth and napkins. Fold napkins to form a pocket, and place them to the left of silverware. Tuck a flower in the pocket for each guest.*

For more information about Mission San Marcos coffee visit: www.msmcoffees.com.

Nutritional Information

Information per serving (16 servings)

Calories	133	Cholesterol	21 gm
Carbohydrates	21 gm	Sodium	116 mg
Protein	3 gm	Fiber	1 gm
Fat	3 gm		

Diabetic Food Exchange

Carbohydrate: 1.5



HEALTHY HINT:

Try Take Control or Benecol instead of butter.

Frozen Fruit Kabobs

- 20 fresh strawberries, extra-large, cut in half**
- 10 bananas, sliced into 2-inch pieces**
- 1 large bunch of grapes, extra-large, seedless**
- 10 fresh peaches, cut into quarters**
- 10 wooden skewers**



Slide the fruit onto each skewer, alternating pieces. Place in freezer for 1 hour. Let stand at room temperature 5 minutes before serving.

Optional flavor enhancement: Briefly immerse kabobs in water, roll in shredded coconut before freezing.

Serves 10.



HEALTHY HINT

What could be healthier than fruit? Diabetics should note that 1 serving is 3 carbohydrate servings.

REAL STYLE

A cool frozen treat to celebrate summer.

- *Serve fruit kabobs on breakfast plates with saucers for a spoon rest. Serve water glasses with lemon rounds on the side.*
- *Use one three-quarter cantaloupe carved out for flower arrangement of Gerber daisies. Place the cantaloupe on a breakfast plate for a sturdy centerpiece.*
- *Use natural, woven place mats for each guest.*
- *Use apple-green napkins.*



Nutritional Information

Information per serving (10 servings)

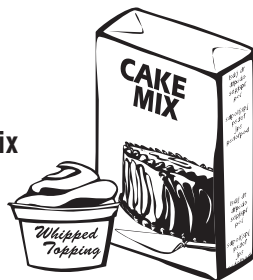
Calories	204	Cholesterol	0 gm
Carbohydrates	51 gm	Sodium	2 mg
Protein	2 gm	Fiber	6 gm
Fat	0 gm		

Diabetic Food Exchange

Carbohydrate: 3

Low-Fat Chocolate Dessert

- 1 (18½-ounce) box low-fat chocolate cake mix**
- 1 (2.1-ounce) box fat-free vanilla instant pudding mix**
- 1 (2.1-ounce) box fat-free chocolate instant pudding mix**
- 4 cups 1% or skim milk**
- 1 (14-ounce) can fat-free condensed milk**
- 8 ounces fat-free whipped topping**



Cook cake according to directions on box. Cool and break into medium size pieces.

Make vanilla pudding mix according to directions, using 1% or skim milk. Add ½ can condensed milk to pudding. Set aside. Make chocolate pudding mix according to directions, using 1% or skim milk. Add remainder of condensed milk to pudding.

Layer the ingredients in a trifle bowl in the following order: cake, chocolate pudding, vanilla pudding and whipped topping. Repeat each layer. Serves 10.



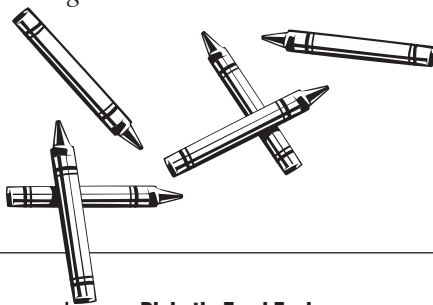
HEALTHY HINTS

To decrease the carbohydrates, use sugar-free puddings.

REAL STYLE

Paint a table covering to celebrate your next event using butcher paper and watercolors. On your invitation let your guests know they will be creating a table decoration and a delicious dessert, and then eating the fruits of their labor with friends and family.

- Purchase a large roll of white paper from a party store or restaurant supply store. Pre-cut pieces for tables. This will be used as tablecloths.*
- Using crayons and colored markers, allow children and adults to draw a placemat on the paper tablecloth and write their names above the place setting.*
- Use white napkins and paper, plastic, or colored glass dishes.*



Nutritional Information

Information per serving (10 servings)

Calories	467	Cholesterol	7 gm
Carbohydrates	95 gm	Sodium	853 mg
Protein	8 gm	Fiber	1 gm
Fat	6 gm		

Diabetic Food Exchange

Carbohydrate: 6
Fat: 1

Ohh! Pumpkin Pie Dessert

- ½ cup canned pumpkin**
- 2 tablespoons orange juice**
- 1 teaspoon pumpkin pie spice, divided in half**
- 1½ cups vanilla, no-sugar-added, fat-free ice cream, softened**
- ½ cup orange sherbet, softened**
- 2 tablespoons graham cracker crumbs (about 2 squares)**



In medium mixing bowl, stir together orange juice, pumpkin and ½ teaspoon pumpkin pie spice. Add ice cream and sherbet; stir well.

Spoon ¼ cup ice cream mixture into 8 paper-lined muffin cups.

Combine the remaining ½ teaspoon of pumpkin pie spice with graham cracker crumbs. Sprinkle the crumb mixture evenly over each of the ice cream cups. Cover cups and freeze until firm. Serve in paper liners. Serves 8.



HEALTHY HINTS

A treat for everyone. For diabetics, count as one carbohydrate serving.

REAL STYLE

Warm yellows, oranges, greens, and browns are terrific colors to use for autumn celebrations.

- You can use a brass or old brown urn, and fill it with sunflowers to place in the center of your kitchen table.*
- Use tan tablecloth, yellow napkins, and tie the napkins with natural raffia.*
- Use brown or green paper products from your local supermarket or discount store.*



Nutritional Information

Information per serving (8 servings)

Calories	62	Cholesterol	0 gm
Carbohydrates	13 gm	Sodium	35 mg
Protein	1 gm	Fiber	0 gm
Fat	0 gm		

Diabetic Food Exchange

Carbohydrate: 1

Old-Fashioned Bread Pudding

- 4 cups bread crumbs (leftover biscuits are wonderful to use)**
- 4 whole eggs or 6 egg whites plus 2 yolks (save the remaining four yolks for Lemon Sauce below), beaten**
- 3 tablespoons margarine or butter, melted**
- $\frac{3}{4}$ cup sugar**
- $\frac{3}{4}$ cup raisins**
- 1 teaspoon vanilla extract**
- 2 cups 1% or skim milk**

Lemon Sauce

- $\frac{2}{3}$ cup sweetened condensed milk**
- $\frac{1}{4}$ cup lemon juice**
- 1 teaspoon grated lemon rind**
- 4 egg yolks**



Preheat oven to 325°F.

Lightly grease a 13 x 9 x 2-inch baking dish. Place bread crumbs in a large mixing bowl; pour milk over crumbs. Let stand a few minutes for bread to absorb milk. Add remaining ingredients, mixing well. Pour into baking dish and bake for 45–50 minutes or until firm. Serve with hot Lemon Sauce, if desired. Serves 8.

Lemon Sauce: Combine all ingredients. Stir well over low heat until mixture thickens. You can thin this sauce with water to desired consistency. Pour over warm Old-Fashioned Bread Pudding. Yields 1 cup (8 ounces).

REAL STYLE:

Old traditions made new:

- *You can create a warm setting with one or two medium size (8-inch) clay pots filled with seasonal flowers. Use potting soil and transplant seasonal white flowers that are already blooming. Use these flowers as a centerpiece on your table, then tie plaid red and green ribbons or strips of cloth around the top of the pots.*
- *Use two 8-inch clear cylinders, add water, then place ½ cup of cranberries in each cylinder for color. Put a floating candle amid the cranberries.*

Please visit www.demarleathome.com for perfect baking accessories.

Nutritional Information

Information per serving (8 servings)

Calories	365	Cholesterol	146 gm
Carbohydrates	58 gm	Sodium	266 mg
Protein	10 gm	Fiber	1 gm
Fat	11 gm		

Diabetic Food Exchange

Carbohydrate: 4
Fat: 2



HEALTHY HINTS

From a fat standpoint, yeast bread is best to use. Decrease the sugar to ½ cup in the pudding and decrease the condensed milk to ½ cup in the sauce.

Orange Sherbet Salad

- 2 envelopes sugar-free gelatin**
- 2 cups boiling water**
- 1 (6-ounce) can frozen unsweetened orange juice**
- 1 teaspoon orange or vanilla extract**
- 1 (12-ounce) can diet orange soda or ginger ale**
- 1 cup crushed pineapple in own juice**
- 2 (4-ounce) cans Mandarin oranges, drained and rinsed**

Mix gelatin in boiling water; add frozen orange juice.

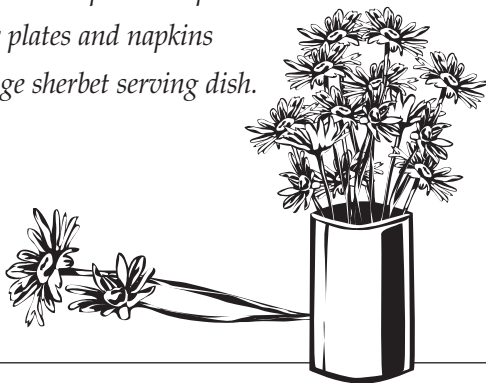
Drain and rinse Mandarin oranges. Add soda or ginger ale to gelatin; chill until mixture begins to thicken. Add extract, pineapple and orange sections. Pour in 9 x 13-inch pan and chill until firm. Serve with light whipped topping, if desired. Serves 8.



REAL STYLE

Create no-cost containers for your centerpiece.

- Take a large silver juice can, large green bean can, and a small bean can and remove their labels. Fill three quarters full with water.
- Buy two bunches of gerber daisies in red, yellow, and orange and, place just enough flowers to look full in the cans to use as a unique centerpiece
- Use orange place mats with red paper plates and napkins
- Use 8-inch clay saucers for your orange sherbet serving dish.



Nutritional Information

Information per serving (8 servings)

Calories	97	Cholesterol	0 gm
Carbohydrates	23 gm	Sodium	18 mg
Protein	1 gm	Fiber	2 gm
Fat	0 gm		

Diabetic Food Exchange

Carbohydrate: 1.5

Apple-Bulgur Poultry Stuffing	86
Fried Peanut Butter and Banana Sandwiches	88
Hannukah Potato Latkes (Pancakes)	90
Moore's Party Fixins'	92
Pineapple Crunch Casserole	94
Sugar-Free Fresh Applesauce	96
Tart Casserole	98
Mrs. Nolon's Amish Friendship Bread	100

Holiday Drinks

Low-Fat Fruit Smoothies	104
Berry Delight	105
Skinny Peach Blend	105

Chef Robert's Favorite Holiday Drinks **Robert Tulko, Certified Executive Corporate Chef**

Angel Apple Cider	106
Holiday Chocolate Coffee	107
Good Luck New Year's Eve Punch	108
Purple Reindeer	109
Snowflake Tea	110
Snow-Fu-Tofu Shake	111

Miscellaneous Treats and Holiday Drinks

Apple-Bulgur Poultry Stuffing

- 2** **teaspoons olive oil**
- 2** **shallots, minced**
- $\frac{2}{3}$** **cup unsweetened applesauce**
- $\frac{1}{2}$** **cup 1 % or skim milk**
- $\frac{1}{2}$** **teaspoon fresh thyme**
 dash of freshly grated nutmeg
- $1\frac{1}{2}$** **cups cooked bulgur**



Heat oil over medium-high heat in a nonstick skillet. Add shallots and sauté until soft, about 4 minutes. Add applesauce and milk and simmer, stirring frequently, until the mixture has thickened and is reduced by half, about 5 minutes. Remove from heat and add thyme, nutmeg, and bulgur.

Use this stuffing during your special holiday to stuff a roasting chicken, four boneless breasts, or four small Cornish game hens.

NOTE: Be sure to allow stuffing to cool completely before adding to any poultry to prevent risk of salmonella. Serves 4.



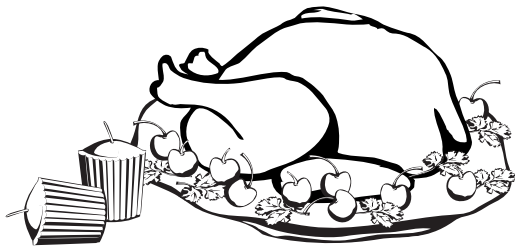
HEALTHY HINT

Hard to improve on this heart-healthy dish.

REAL STYLE:

Stuff your poultry with a new hearty twist, and serve up the birds as your centerpiece.

- *Place the poultry on a large serving platter. Surround the birds with curly lettuce or parsley. Garnish with canned, pickled crabapples placed about 4 inches apart for eye appeal and great taste.*
- *Place three, small votive candles in glass containers around the table to add a sparkling atmosphere.*
- *Add a white tablecloth and crimson napkins tied with raffia to complete the setting.*



Nutritional Information

Information per serving (4 servings)

Calories	115
Carbohydrates	19 gm
Protein	2 gm
Fat	3 gm

Cholesterol	1 gm
Sodium	17 mg
Fiber	1 gm

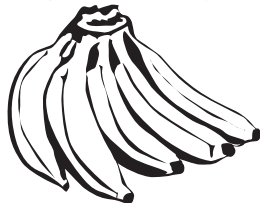
Diabetic Food Exchange

Carbohydrate: 1
Fat: 1

Fried Peanut Butter and Banana Sandwiches

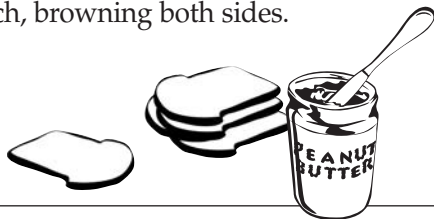
As a member of the Presley family, Edie spent many enjoyable days at Graceland with Elvis and his family. As many people know, Elvis' favorite food was fried peanut butter and banana sandwiches. Today, we present the lighter version of this famous dish.

- 2 slices of white or whole-wheat bread**
- 2 to 3 tablespoons smooth peanut butter**
- ½ large, well-ripened banana, mashed**
- 1 tablespoon canola oil**



Spread peanut butter on one side of both pieces of bread. Spread mashed banana on top of the peanut butter on one of the bread slices. Put the two slices together to make a sandwich. Pour the oil in a skillet over medium heat. When the oil is hot, fry the sandwich, browning both sides.

Serve and eat immediately. Serves 1.



HEALTHY HINT

To make this even lighter, decrease the peanut butter to 1½ tablespoons and use cooking spray to “fry.”

REAL STYLE

This dish doesn't require much preparation—no hitting the defrost button, or a forty-five minute wait. Instead, it is just enjoyment of good conversation over a peanut butter and banana sandwich in the kitchen with a cup of tea. Let the children celebrate too, with a tea party.

- *Use demitasse cups and saucers for tea, which are smaller than average.*
- *Provide small breakfast plates for sandwiches for each guest.*
- *Place several flowers in a small bud vase for the centerpiece.*
- *Pretty floral napkins tied with coordinating ribbon will add a fun touch.*

Nutritional Information

Information per serving (1 serving)

Calories	632
Carbohydrates	51 gm
Protein	17 gm
Fat	44 gm

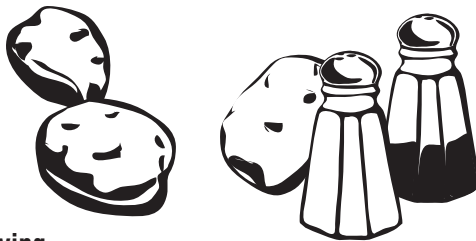
Cholesterol	1 gm
Sodium	501 mg
Fiber	5 gm

Diabetic Food Exchange

Carbohydrate: 3
Protein: 2
Fat: 6

Hannukah Potato Pancakes (Latkes)

- 6 large potatoes, peeled**
- 1 medium onion**
- 2 eggs**
- 1½ teaspoons salt**
- ¼ teaspoon pepper**
- ½ cup flour**
- vegetable or canola oil for frying**



Grate potatoes by hand. Drain off excess fluid and mix with other ingredients. Heat 2 tablespoons oil in a non-stick frying pan and fry small spoonfuls until golden brown, drain and serve hot. Serves 6.

Serve with applesauce.



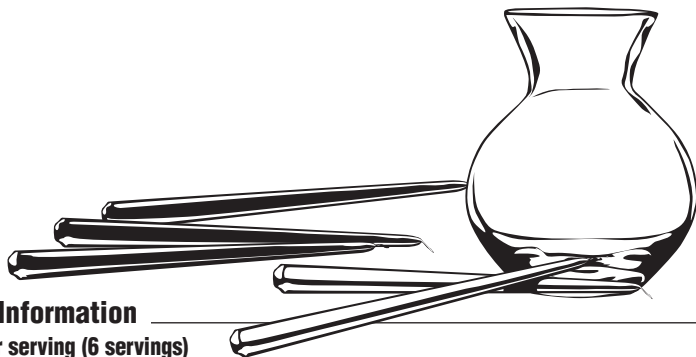
HEALTHY HINT:

Fry in extra virgin olive oil to add good fat to your meal.

REAL STYLE

Celebrate the holiday with family and friends.

- *Purchase a clear 8-inch vase, fill three quarters full with rice and place five thin blue taper candles at an angle in rice for your centerpiece.*
- *Use white tablecloth and blue napkins. Lay napkins in plates before serving the meal.*
- *Prepare water or tea glasses with rounds of lemons on the right side of each glass.*



Nutritional Information

Information per serving (6 servings)

Calories	218	Cholesterol	70 gm
Carbohydrates	43 gm	Sodium	622 mg
Protein	7 gm	Fiber	3 gm
Fat	2 gm		

Diabetic Food Exchange

Carbohydrate: 3

Moore's Party Fixins'

- 1 (12-ounce) box Crispix or Chex cereal**
- 1 cup bagel chips**
- 1 cup pretzels**
- 1 cup mixed nuts**
- 6 tablespoons margarine, melted**
- 2 teaspoons garlic powder**
- ½ teaspoon onion salt (or powder)**
- 2 teaspoons lemon juice**
- 2 tablespoons Moore's Marinade**
- 1 tablespoon Worcestershire sauce**
- dash sugar**
- dash seasoned salt**



Preheat oven to 300°F.

Combine all ingredients with melted butter and bake in a 13 x 9 x 2-inch pan for 45 minutes, stirring every 15 minutes. Yields 15 cups. Serves 15.

Optional: Add 1 cup of M & M's after cooking for a sweet touch.

REAL STYLE:

- Purchase black and white checked fabric from a discount store or fabric shop. You will need enough to cover a card table plus a couple of extra inches to hang over on all four sides (approximately 3 feet by 3 feet).
- Take a small galvanized bucket and put a medium-size (8-inch) pot of geraniums in it for a centerpiece.
- Use medium (8-inch) to large (13-inch) clay saucers for serving pieces.
- Use plastic utensils and black or red napkins.

For more information, visit www.mooresmarinade.com or call 1-800-879-8624.

Nutritional Information

Information per serving (15 servings)

Calories	215
Carbohydrates	26 gm
Protein	4 gm
Fat	10 gm

Cholesterol	0 gm
Sodium	558 mg
Fiber	1 gm

Diabetic Food Exchange

Carbohydrate: 1.5
Fat: 2

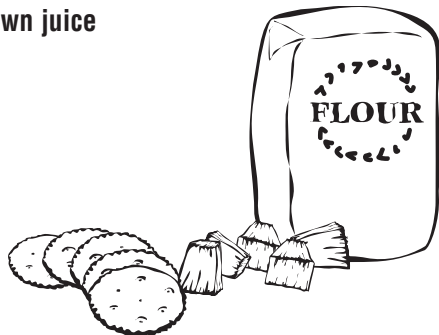


HEALTHY HINTS

Unless you can find really low-fat bagel chips, substitute with another cereal or more pretzels. You can skip the margarine, spray the mix with butter-flavored cooking spray and spray or drizzle the marinade mixture. Try raisins instead of M & M's.

Pineapple Crunch Casserole

- 3 (15-ounce) cans pineapple chunks in own juice**
- 2½ cups shredded cheddar cheese**
- ½ cup pineapple juice**
- ½ cup all-purpose flour**
- 1 cup white sugar**
- 30 buttery round crackers, crushed**
- ½ cup butter, sliced**



Preheat oven to 350°F.

Mix together pineapple chunks, pineapple juice, cheddar cheese, sugar, and flour in large bowl. Spread this mixture into a 9 x 13-inch baking dish. Cover the top of mixture with crushed crackers and then dot with butter slices. Bake for 30 minutes. Serves 12.

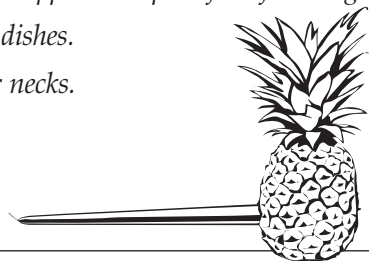


HEALTHY HINTS

Use 2% low-fat shredded cheddar cheese and Take Control or Benecol. Try fat-free saltines instead of buttery crackers.

REAL STYLE:

- *Take one yard (36 inches) of sand-colored fabric and place it over a large, overturned bowl.*
- *Tuck the raw edges of the fabric under the rim of the bowl, and hot glue white shells onto the fabric.*
- *Cut and scoop a hole out of the top of a pineapple. Insert one 8-inch white taper candle into the hole, then place the pineapple on top of the overturned bowl for your centerpiece.*
- *Add three white votive candles around the pineapple centerpiece for a finishing touch.*
- *Use white paper products and fun tropical dishes.*
- *Give guests white leis to wear around their necks.*



Nutritional Information

Information per serving (12 servings)

Calories	326	Cholesterol	49 gm
Carbohydrates	32 gm	Sodium	311 mg
Protein	8 gm	Fiber	0 gm
Fat	18 gm		

Diabetic Food Exchange

Carbohydrate: 2
Protein: 1
Fat: 2

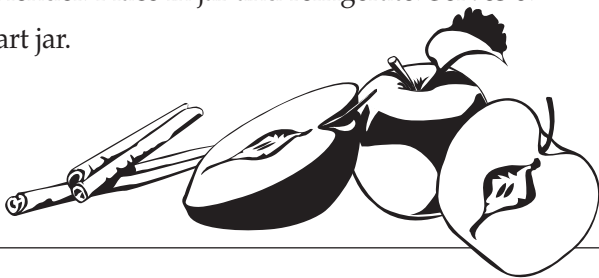
Sugar-Free Fresh Applesauce

- 6 apples**
- 8 ounces sugar-free ginger ale or strawberry soda**
- 1 tablespoon cinnamon (or less, to taste)**
- ½ teaspoon nutmeg**
- ⅛ teaspoon powdered cloves (optional)**

Preheat oven to 350°F.

Peel apples and cut into large pieces. Place in baking dish; pour in soda. Season with cinnamon, nutmeg, and cloves. Bake for 10–15 minutes or until soft. Mash or put through blender. Place in jar and refrigerate. Serves 8.

Makes approximately 1 quart jar.



HEALTHY HINTS

½ cup is equivalent to a carbohydrate serving on a diabetic diet. No room for improvement.

REAL STYLE

Use a clear trifle or compote dish from a discount store for your centerpiece.

- Purchase one bag of small (3½-inch diameter) red apples and one bag of small green apples. Gather a couple of branches of leaves from your yard. Using between 6–8 of each color apple, combine in compote, alternating between the red and green apples, and inserting sections of the branches to make a colorful, apple-fresh display.*
- Use apple-green mats and white napkins, and tie napkins with red raffia.*
- Paper, plastic, or glass dishes would be fine.*



Nutritional Information

Information per serving (8 servings)

Calories	58	Cholesterol	0 gm
Carbohydrates	15 gm	Sodium	0 mg
Protein	0 gm	Fiber	2 gm
Fat	0 gm		

Diabetic Food Exchange

Carbohydrate: 1

Tart Casserole

- 6 medium tart apples, peeled and sliced**
- 6 medium carrots, thinly sliced**
- ½ cup orange juice**
- ⅓ cup all-purpose flour**
- ⅓ cup sugar**
- ½ teaspoon ground nutmeg**
- 2 tablespoons cold butter substitute**



Preheat oven to 350°F. Grease a shallow, 2-quart baking dish.

Combine apples and carrots; place in baking dish. Drizzle with orange juice. Cover and bake for 40–45 minutes or until carrots are crisp-tender.

In a bowl, combine the flour, sugar and nutmeg; cut in butter until crumbly. Sprinkle over apple mixture. Bake, uncovered, 10–15 minutes longer or until the carrots are tender. Serves 8.



HEALTHY HINTS:

This “dessert” can count as one of your fruits and vegetables. Eliminate the saturated fat by replacing the butter with Take Control or Benecol.

REAL STYLE

- Choose three bare limbs (example: dogwood) of varying heights.
- Place florists foam, purchased at a florist or in the craft section of a discount store, into medium (8-inch) clay pots which have been spray-painted white. Use green moss to cover the florists foam and then insert the branches
- Tie homemade ornaments such as paper stars or even cookie cutters on the branches with ribbon.
- Tie a coordinating ribbon on lip of pot.



Nutritional Information

Information per serving (8 servings)

Calories	147	Cholesterol	7 gm
Carbohydrates	29 gm	Sodium	37 mg
Protein	1 gm	Fiber	2 gm
Fat	3 gm		

Diabetic Food Exchange

Carbohydrate: 2

Mrs. Nolon's Amish Friendship Bread

FAMILY TRADITIONS

Debra Lustrea, co-author of the first two books in the Food, Family and Friends series, shares her friendship bread recipe given to her by Mrs. Nolan of Indiana when she lived near the Amish Community.

This special bread of friendship is easy to start and easier to share. We share this every holiday and pass it on! Now we share it with you!

Starter:

2 cups flour

2 cups warm water

1 package (2½ teaspoons) active dry yeast

Put in a resealable plastic bag, squeeze out all the air. Give to a friend with this note attached:

You will receive your starter in a large resealable plastic. Store it on your countertop. DO NOT refrigerate!

DAY 1 – Do nothing

DAY 2–5 – Swish or mush the bag two (2) times each day.

DAY 6 – Add to the bag: 1 cup white flour, 1 cup of white sugar, and 1 cup of milk. Let out as much air as possible. Swish or mush the bag thoroughly.

DAYS 7–9 – Swish or mush the bag two (2) times each day and let out the air.

DAY 10 – Squeeze the contents of the bag into a large bowl. Add 1 cup flour, 1 cup sugar and 1 cup milk. **Stir and measure out 4 (one-cup) starters into large, resealable plastic bags. Give these to others to enjoy.

Then make your own loaf of bread with the following recipe:

Preheat oven to 350°F.

Spray two loaf pans with cooking spray. Sprinkle pans with cinnamon sugar to coat.

To the small amount of starter left in your bowl, add the following ingredients:

1 cup sugar

1½ cups milk

3 eggs,

1 teaspoon vanilla extract

Mix well and set aside.

In another bowl, mix together the following ingredients:

2 cups white flour

1 cup sugar

1½ teaspoons baking powder

2 teaspoons cinnamon

½ teaspoon salt
½ teaspoon baking soda
1 large (or 2 small) box(es) of instant vanilla package pudding
1 cup nuts (optional, I use walnuts or pecans).

Add dry ingredients to first mixture and mix well. Pour batter into pans and sprinkle the tops of the loaves with cinnamon sugar. Bake for 40–50 minutes or until toothpick comes out clean.

For Muffins: Preheat oven to 325°F.

Make the same batter, but pour into muffin tins sprayed with cooking spray. (You can also use muffin cups). Sprinkle bottom of tin with cinnamon sugar, pour batter, and sprinkle top with cinnamon sugar. Bake for 20–25 minutes.

**** For Cinnamon Rolls:** Put two cups of the starter in each of two bags. Follow same directions as Day 1 through 10. After Day 10 add:

3 cups flour
½ teaspoon baking soda
½ teaspoon salt
3 teaspoons baking powder
2 beaten eggs

1 cup sugar

3 teaspoons cinnamon

Add raisins or nuts as desired, and glaze

Preheat oven to 325°F.

Combine the starter, flour, baking soda, salt, baking powder and eggs until well blended. Let dough rise until doubled in size. Pound down until flat. Roll out to a 10 x 20 inch rectangle. Combine melted butter/margarine with cinnamon and sugar and spread it over the dough. Add nuts and raisins now if desired. Roll the dough from the bottom right corner to top left corner, forming a pinwheel. Let it rise until doubled. Cut along the roll into inch thick pieces. Bake for 20–25 minutes.

We love these plain, without icing or glaze, but feel free to indulge.

Icing:

½ box of powder sugar

1 teaspoon of vanilla extract

1 8-ounce package cream cheese

**1–2 teaspoons milk or more to
desired consistency**

Glaze:

1 cup of powdered sugar

1 teaspoon vanilla extract

**1 teaspoon water or more to
desired consistency**

Low-Fat Fruit Smoothies

Pineapple Crush

- 1** ripe banana, peeled
- 1** cup skim milk
- ½** cup orange juice
- ½** cup pineapple chunks
- 1** teaspoon vanilla extract
- 1–2** tablespoons sugar
- 1–2** cups crushed ice



Combine all ingredients in a blender; blend at low speed for 1 minute. Add ½ cup plain yogurt for a richer smoothie. Yield 2–3 servings.



Berry Delight

- 1 cup strawberries, blueberries, or blackberries**
- ½ cup skim milk**
- 1 cup sugar-free strawberry yogurt**
- 1–2 cups crushed ice**
- 1 pack sweetener**



Combine all ingredients in a blender; blend at low speed for 1 minute.
Yields 3–4 servings.

Skinny Peach Blend

- 1 cup fresh or frozen peaches, sliced**
- 1 cup sugar-free peach yogurt**
- 1 kiwi, peeled and sliced**
- ½ cup skim milk**
- 1–2 cups crushed ice**
- 1 tablespoon lemon juice**
- 1 tablespoon sugar or sweetener**



Combine all ingredients in a blender; blend at low speed for 1 minute.
Yields 3–4 servings.

Chef Robert's Favorite Holiday Drinks

Robert Tulko, Certified Executive Corporate Chef

Angel Apple Cider

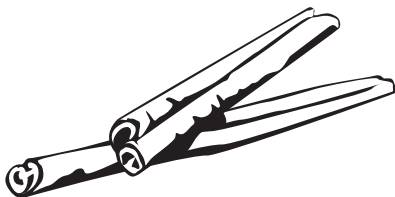
3½ quarts apple cider

2 cinnamon sticks

2 (3-ounce) packages cherry-flavored gelatin

1 bottle apple rings

In a 4-, 5- or 6-quart crock pot, mix together the apple cider and cinnamon sticks. Heat on high for three hours. Stir in cherry-flavored gelatin, then keep on high one more hour to allow gelatin to dissolve. Turn on low to keep warm. Serve directly from crock pot. Garnish with apple rings.



Holiday Chocolate Coffee

2 tablespoons instant coffee or 2 tablespoons brewed liquid coffee

¼ cup sugar

dash salt

2 (1-ounce) squares unsweetened chocolate

1 cup water

3 cups 1% or skim milk

whipped cream



In saucepan, combine coffee, sugar, salt, chocolate, and water. Stir constantly over low heat until chocolate melts. Simmer for four hours, then slowly add milk, stirring constantly until heated and thoroughly mixed. When piping hot, remove from heat and beat with electric mixer until frothy. Pour into cups and top with whipped cream.

For more information, please see www.mrcoffeecoffee.com.

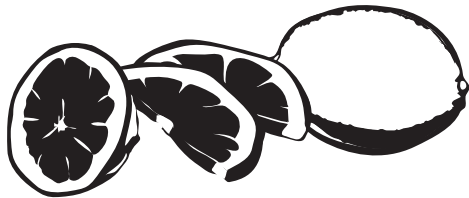


Good Luck New Year's Eve Punch

- 4 cups fresh or frozen rhubarb, cut into 1-inch pieces**
- 3 cups sugar**
- 2 cups water**
juice of six lemons
- 1 cup pineapple juice**
- 1 quart ginger ale**



Cover rhubarb with water and cook until soft, about 12–15 minutes. Drain through fine mesh strainer (will yield about 3 quarts of juice). Dissolve sugar into the two cups of water and cook 10 minutes to make a syrup. Combine all juices, except ginger ale, and pour over chunk of ice in punch bowl. Just before serving, add ginger ale.



Purple Reindeer

½ cup blueberry juice

2 tablespoons orange juice

⅓ ripe banana, peeled and cut into pieces

2 tablespoons powdered non-fat milk
seltzer water or club soda to taste



Combine blueberry juice, orange juice, banana, and powdered milk in blender. Divide between two glasses. Add seltzer water or club soda to taste and stir.



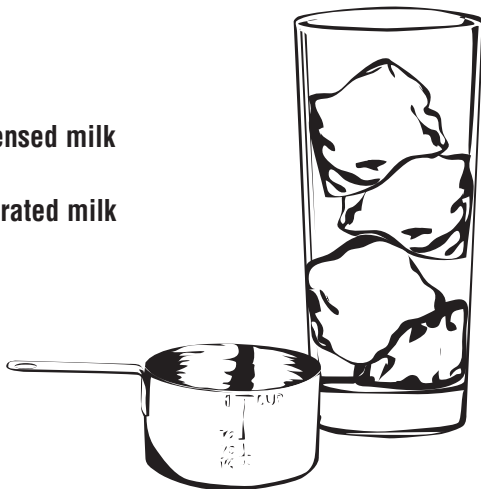
Snowflake Tea

4 cups water

½ cup Thai tea leaves

1 (10-ounce) can sweetened condensed milk
cracked or crushed ice

¼ cup milk, half and half, or evaporated milk



Bring water to a boil in a medium-size sauce pan. Add the tea leaves and remove from the heat. This tea floats to the top, and you will need to stir the tea. When all the tea leaves are wet, cover and let steep five minutes. Strain through a fine mesh strainer, then stir in the condensed milk until blended. Chill. Fill four glasses with cracked or crushed ice. Pour the tea into the glasses and top each with one tablespoon of milk, half and half, or evaporated milk.

Snow-Fu-Tofu Shake

- 3 cups soy milk**
- 1 cup silken tofu, drained**
- 2 bananas, broken into chunks**
- 4 tablespoons instant cocoa mix powder**
- 2 tablespoons honey**
- 1 tablespoon wheat germ**



Combine ingredients in blender, $\frac{1}{2}$ at a time, whirl until smooth and creamy. Serve cold. Any fresh fruit, such as berries, cantaloupe or papaya can be substituted for the chocolate flavor. Pour into tall glasses, sprinkle with nutmeg.



***RealHand* Guide to Holiday Manners**

Holidays are filled with great food, special decorations and our loved ones around us. In a perfect world, everything goes wonderfully. However, this is the real world and children get tired and hungry. Adults may have traveled hours and have responsibilities and stresses that only surface during certain times of the year.

We would like for this guide to be a gentle reminder that even when we are on vacation, our manners never are. Family and friends are our most valued assets: they deserve our communication, respect and kindness, and when they don't, out of self-respect, we encourage you to give it to them, anyway.

Happy Holidays,

Edie Hand and Darlene Real

Holidays Do's and Dont's

- Call your host or hostess to see if you can bring food items to add to the holiday dinner or other meals you will be having together. If they graciously respond they have everything they need, then consider a special wine, dessert, flowers, a fun game for the family or a video for the children. Thoughtful gifts are appreciated.
- When you receive a gift, open it immediately. The fun for the giver is to see you open the special item they chose for you.

- When dining with the host's friends, or people with whom you are not acquainted, introduce yourself before you sit down to avoid raising your voice across the table.
- Do not trade or move around place cards. The hostess has placed guests together for a reason only she may know.
- Enter your chair from the left side. This may not be as important at your parents' home, but it is always good to practice.
- The place setting in front of you is a well-thought-out map, not a maze. The map leads you through the entire meal. Begin with the outside flatware, and move inward. If you use the wrong fork, do not comment.
- Do not butter a whole piece of bread or roll all at one time. Place butter on your bread-and-butter plate or dinner plate before using it to butter your bread. Pull bread apart and butter one bite at a time.
- Place your knife, after being used, at the top of your dinner plate with the blade toward you.
- After you pick up your silverware, it is not to touch the table; it does not rest on the plate and the table, only on your plate. The "I am finished" position is 10:30.

Conversion Tables

Liquid Measures

American (Standard Cup)

1 teaspoon = $\frac{1}{6}$ fluid ounce
1 tablespoon = $\frac{1}{2}$ fluid ounce
1 cup = $\frac{1}{2}$ pint = 8 fluid ounces
1 pint = 16 fluid ounces
1 quart = 2 pints = 32 fluid ounces

Metric Equivalent

5 ml
15 ml
237 ml
473 ml
946 ml

British (Standard Cup)

1 teaspoon = $\frac{1}{3}$ fluid ounce
1 tablespoon = 0.55 fluid ounces
1 cup = $\frac{1}{2}$ pint = 10 fluid ounces
1 pint = 20 fluid ounces
1 quart = 2 pints = 40 fluid ounces

Metric Equivalent

6 ml
17 ml
284 ml
570 ml
1.1 liter

1 cup = 16 tablespoons 1 tablespoon = 3 teaspoons

Solid Measures

American/British

1 ounce

3½ ounces

1 pound = 16 ounces

2.2 pounds

Metric Equivalent

28 grams

100 grams

453 grams

1000 grams = 1 kilogram

Oven Temperatures

Degrees Centigrade

Up to 105

105–135

135–160

175–190

215–230

230–260

260

Degrees Fahrenheit

Up to 225, cool

225–275, very slow

275–325, slow

350–375, moderate

400–450, hot

450–500, very hot

500, extremely hot

Healthy Cooking Tips

When you are planning your holiday baking you should watch your carbohydrate intake. Therefore, if you are diabetic or have friends or family members who are, here are some nutrition tips for a healthier way to plan.

- Carbohydrates can be substituted in your meal plan, even though they contain added sugars or fat. However, they do not contain as many important vitamins and minerals as the choices on the starch, fruit or milk list.
- When planning to include holiday treats, make sure to include foods from all the lists and eat a balanced meal so you can enjoy a splurge!

Selection Tips

- Because many of these foods are concentrated sources of carbohydrates and fat, the portion sizes are often very small.
- Always check nutritional facts on food labels.
- Many fat-free or reduced-fat products made with fat replacers contain carbohydrates. When eaten in large amounts they may need to be counted! You should talk with your dietician to determine how to count these in your meal plan.



The following recipes are heart healthy and meet the criteria for the Heart College:

Page #	Recipe
86	Apple Bulgur Poultry Stuffing
64	Best Bananas Foster
30	Diabetic Cookies
74	Frozen Fruit Kabobs
90	Hannukah Potato Pancakes
52	Light Banana Pie
78	Ohh! Pumpkin Pie Dessert
82	Orange Sherbet Salad
40	Peppermint Meringues (and variation Surprise Meringues)
96	Sugar-Free Fresh Applesauce
98	Tart Casserole

Special Holidays To Remember

1. New Year's Day (1 January)
2. Valentine's Day (14 February)
3. St. Patrick's Day (17 March)
4. Easter (occurs between 22 March and 25 April)
5. Cinco de Mayo (5 May)
6. Mother's Day (2nd Sunday in May)
7. Memorial Day (last Monday in May)
8. Father's Day (3rd Sunday in June)
9. Independence Day (4 July)
10. Labor Day (1st Monday in September)
11. Halloween (31 October)
12. Thanksgiving (4th Thursday of November)
13. Hannukah (Festival of Lights)

14. Christmas (25 December)

15. Kwanzaa (26 December)

Add more of your personal holidays:

About the Authors

Edie Hand

Edie Hand can be seen on Food Network and regional and national television morning show cooking segments, and has toured for Unilever/Bestfoods on their "Good to Know Ya Tour" across the Southeast. Edie is also the founder of the Edie Hand Foundation to benefit Alabama and national charities. She grew up surrounded by the entertainment business as a cousin of the late Elvis Presley. Edie is the

author/co-author of eight books and lives near Birmingham, Alabama with her husband Mark Aldridge.

Photo by billybrown.com



Darlene Real

Darlene Real is a professional speaker, author and photography stylist, specializing in food, fashion and furnishings. She is the founder of Appearance Matters Inc. and co-developed REAL HAND APPROACH "Styling with Attitude on a Budget" cooking seminars and special events. Darlene studied manners and etiquette under the etiquette consultant to the World Trade Center in Washington, DC. She now coaches corporate and business clients to increase their bottom line through image, etiquette, and styling techniques. She has three children and lives in Birmingham, Alabama.

Photo by billybrown.com



Cookbook

Includes Diabetic Food Exchanges.

Photo by billybrown.com



Darlene Real & Edie Hand

Bestselling author, Edie Hand, and award-winning etiquette and stylist, Darlene Real, wish you happy holidays and good eating!

"Finally, Holiday Treats without the guilt! Delicious, yet healthy recipes. . . Clear, easy to follow instructions combined with creative styling ideas--a must in any food lovers collection."

Chef Susan Notter, Executive Director & Vice President Culinard, the Culinary Institute of Virginia College

*"Edie Hand's amazing energy and wisdom are present in everything she touches. Edie and her friend, Darlene, of course, have these healthy — DELICIOUS — recipes in the *Food, Family & Friends* book series! These ladies have it all!"*

Ken Glickman, New York Consumer Editor at Large, Bottom Line Personal Magazine

"Low sugar and sugar substitute recipes with heart healthy hints that are Delicious! A MUST gift for you and your family and friends."

Elizabeth Owings, MD, Chicago, IL

"This book is packed with good recipes. Look for an apple on the recipes that are approved by the Heart College at HealthSouth Medical Center; enjoy all the healthy hints, etiquette and cooking tips. A unique cookbook for your collection!"

Donna Sibley, RD, LD, Birmingham, AL

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Hand, Real

Quick & Easy Holiday Treats with Style